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ABSTRACT

This annotated index contains approximately 2,000 free or inexpensive pamphlets or brochures about food and nutrition. The prime criterion for inclusion of materials was that they be easily available and inexpensive; the cut-off cost was set at $3.00. The majority of materials listed were produced in either Canada or the United States. These materials come from many sources, including governments, professional and trade associations, marketing boards, and industry. This compilation is divided into four sections, the first of which lists resources under 25 subsections, including basic nutrients; bibliographies and directories; cardiovascular disease; community health and school education programs; cultural food patterns; deficiencies/diseases/trauma; dental health; diabetes; dietary standards/nutritional status; food consumption/dietary intake; food guides/food groups; food preservation and safety; food purchasing, storage and preparation; the food system; foods; food service; general nutrition information; handicapped; the health care system; international issues; nutrition in the life cycle; physical fitness; therapeutic diets; and weight control. The second section contains a subject index, which lists the resources according to various topics. The last two sections consist of a title index which lists (alphabetically) the titles of all materials, and a source index which contains mailing addresses for all publications listed in the resource section. (JD)

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INDEX OF FREE AND INEXPENSIVE FOOD AND NUTRITION INFORMATION MATERIALS

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compiled by

Kathleen Gordon
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of the Canada Employment and Immigration Commission, 1980

Nutrition Information Service
Ryerson Polytechnical Institute Library
Toronto
1981

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PREFACE

In the Spring of 1980, the Nutrition Information Service, a section of the Ryerson Library, received a grant to undertake a Nutrition Education Resources Project aimed at increasing awareness of, and access to, food and nutrition education materials. The project resulted in three publications of which the *Index of Free and Inexpensive Food and Nutrition Information Materials* is one. The other two are *Food, Nutrition and the Disabled: An Annotated Bibliography*, 1981 and a *Resource Kit on Food and Nutrition for the Disabled*, 1981.

The Summer Youth Employment Program grant enabled the compilers Kathleen Gordon, Marilyn Chedu and Donna MacDonald (Coordinator), to work on the project in the summer between the regular school sessions when all three were enrolled in the Food, Nutrition, Consumer and Family Studies Program at Ryerson

At the completion of the Project, the Health Promotion Directorate of Health and Welfare Canada, gave permission to the Nutrition Information Service to publish the three resulting publications.

The inclusion of items in this publication has been at the discretion of the compilers and does not necessarily reflect the policy of Health and Welfare Canada nor the Employment and Immigration Commission. Further, such inclusion should not be seen as representing an endorsement by the Nutrition Information Service. Evaluation of the material is the responsibility of the user.

ACKNOWLEDGEMENTS

We wish to express our appreciation to the people and institutions who contributed to the successful completion of this publication.

Initial thanks goes to the Health Promotion Directorate, Health and Welfare Canada, and to the Canada Employment and Immigration Commission for funding our project.

Thanks to the staff of the Ryerson Learning Resources Centre and specifically to John North, Director, Lorraine Wilson, Librarian for the Community and Social Services section of the Library, and to all the staff of the 9th floor who are fondly remembered for the many telephone messages and other interruptions to their busy schedule that they accepted so patiently and willingly. Thanks also to Noreen Wiseman for the excellent typing support she offered to this project.

As the project completion deadline drew to an end and a sense of panic set in, one individual in particular was of great assistance. Teresa Culver, a fellow student in Ryerson's Food, Nutrition, Consumer and Family Studies Program volunteered many hours of time to help out. Her reliable, controlled and willing participation was instrumental in the completion of the project.

Many thanks also for the additional last minute help provided by library staff members Wendy Smith, Isobel Doherty, Tony Gallardo and Mike Laskov.

We would also like to express our gratitude for the support and expertise supplied by staff in a number of service department areas of Ryerson. Frank Putnam, Margaret Alliston, and Elaine Cuttiford of the Computer Time Sharing Services Department gave us many hours of their time. The printing and layout expertise of Gordon Shawcross and the members of the Printing and Multi-copy Service Department were of particular value in this project.

Thanks, too, to Lea Leclair for the cover layout and design.

Finally, we are indebted to all the companies, organizations, and government agencies who were so generous in supplying us with copies of their publications.

INTRODUCTION

This publication is an annotated index of approximately 2,000 free and inexpensive pamphlets and brochures relating to food and nutrition. It is hoped that the awareness of such materials will result in a better informed public and support for the preventative health care concept.

CONTENT

The prime criterion for inclusion of materials is that they be easily available and inexpensive. The cut-off cost was set at $3.00, however a few items costing more were included when it was felt that the document was important enough to override the price consideration. Next, priority was given to Canadian materials. Although many nutrition education materials are produced in Canada, knowledge of and accessibility to these materials has, to date, been inadequate.

The majority of materials listed were produced in either Canada or the United States. The publications come from many sources including governments, professional and trade associations, marketing boards, and industry. At the time of publication of this index all publications are available as listed. It is possible, however, that within the next few years some of these may go out of print and be replaced by alternative publications. This fact will not diminish the usefulness of the Source Index which supplies mailing addresses for over 350 distributors and publishers of nutrition and food related publications.

A brief description accompanies each publication listed and it must be noted that inclusion of any publication in the *Index* does not necessarily represent an endorsement of the contents by the Nutrition Information Service.

AVAILABILITY

The Nutrition Information Service does not distribute any of the publications listed in this *Index*, although it retains a reference copy of each. Publications may be ordered directly from the publisher listed in each entry. Most of the materials are readily available, however a few of a more clinical nature, such as those related to diets for specific diseases, may have a restricted circulation to health professionals. For speedy receipt of material it is wise to include a self-addressed mailing label with your order for publications.

ORGANIZATION

The Index is divided into four major sections: Resource Section, Subject Index, Title Index and Source Index.

SAMPLE ENTRY IN RESOURCE SECTION

Each citation has an accession number on the left hand side on the line above the title. Below the accession number is the title, author (if any) appears on the next line with publisher/distributor, and date of publication on the following line. The last line before the annotation gives the number of pages, the cost and the level of use.

Accession No. → **GN0009**

WHAT FOODS GIVE US BOUNCE' ← **Title**

Publisher → **Kellogg Salada Canada, Ltd., [1978?]** ← **Square brackets means data estimates**

Refer to Source Index

Pagination → **4 p. : free : (GP)** ← **Intended Level of Use**

Price

GP - General Public
P - Professional
E - Elementary

Questions and answers on the importance of breakfast. Includes an outline of the foods included in a good daily diet for teenagers.

RESOURCE SECTION

This major section of the Index contains 24 subsections each dealing with a specific topic related to food and nutrition. A two letter code is used to identify each section.

BN Basic Nutrients
BZ Bibliographies and Directories
CA Cardiovascular Disease
CE Community Health and School Education Programs
CP Cultural Food Patterns
DD Deficiencies/Disease/Trauma
DH Dental Health
DM Diabetes
DS Dietary Standards/Nutritional Status
FC Food Consumption/Dietary Intake
FG Food Guides/Food Groups
FP Food Preservation and Safety
FR Food Purchasing, Storage and Preparation
FS The Food System
FV Foods
FX Food Service
GN General Nutrition Information
HA Handicapped
HC Health Care System
IN International Issues
NW Nutrition in the Life Cycle
PF Physical Fitness
TD Therapeutic Diets
WC Weight Control

Sample of Entry with Order Number*

*N.B. Occasionally an order number will appear in brackets on the line immediately following the title. This identifies the particular publication listed and should be included with the title when ordering the publication.

BN0022
WHAT ABOUT VITAMIN C?
(FDA 75-2014) ← ← ← ← ← ← ← *Order Number
by M. Morrison
US DHEW (2), 1974
3 p. : free : (GP)
Reprint from FDA Consumer. The article discusses the functions of vitamin C, scurvy, and controversial issues about the vitamin.

Abbreviations

Throughout the Resource Section certain abbreviations have been used.

p. pages
US United States
USDA United States Department of Agriculture
US DHEW United States Department of Health Education and Welfare
US DHHS United States Department of Health and Human Services

SUBJECT INDEX

Subject terms appear in an alphabetical index and are followed by titles arranged in accession number sequence.

Adolescents

Adolescent Pregnancy	**BZ0071**
Adolescents and their food: Chan-	**CEO117**
Proceedings of National Education-	**CEO010**
Adolescents and their food: Chan-	**CEO116**
Adolescents and their food: Chan-	**CEO118**
Adolescents and their food: Chan-	**CEO119**
Iron Nutriture in Adolescence	**DDO047**
Facing Food Facts	**GNO008**

WHAT FOODS GIVE US BOUNCE GNO009

Fuel for the growth spurt	**NWO009**
Be the best	**NWO050**
Food — what for?	**NWO065**
Boy and his physique	**NWO066**

TITLE INDEX

Titles of all materials listed appear in alphabetical order followed by the accession number.

Weight Control and Obesity	**BZO005**
Weight Control for Teenagers	**WCO003**
Weight Control Source Book	**WCO032**
WFP in action in North Africa and-	**INO111**
What about Vitamin C?	**BNO022**
What did you have for Breakfast t-	**CPO014**
What everyone should know about k-	**DDO081**
What everyone should know about s-	**CAO008**

WHAT FOODS GIVE US BOUNCE GNO009

What foods give us bounce-questio-	**FRO020**
What is cheese?	**FVO118**
What you should know about hypogl-	**GNO054**
What you should know about insulin	**DMO012**
What you should know about juveni-	**DMO006**

SOURCE INDEX

The Source Index provides the mailing address for all publications listed in the Resource Section. Publishers or distributors are listed alphabetically by name. In cases where different branches of the same company distribute different publications more than one address is provided. Each address is numbered and this number corresponds to the number (if any) following the publisher or distributor listed in the Resource Section. This situation happens frequently with government department publications especially those of Health and Welfare Canada and the United States Department of Health, Education and Welfare (US DHEW).

KELLOGG COMPANY
Consumer Services Department
Battle Creek, Michigan 49016

KELLOGG SALADA CANADA, LTD.
Home Economics Services
6700 Finch Avenue
Rexdale, Ontario
M9W 5P2

KERR GLASS MFG., CORP
Box 97, Department FC
Sand Springs, Oklahoma 74063

KRAFT, INC.

Number for different addresses of the same publisher

1. **Kraft Company**
   R and D Center
   801 Waukegan Road
   Glenview, Illinois 60025

2. **Kraft Ltd.**
   P.O. Box 6118
   Montreal, Quebec
   H3C 3J3

BASIC NUTRIENTS (BN)

BN0001
FATS IN FOOD AND DIET
(AB-361)
USDA (1), 1974
10 p. : single copy free : (GP)

A booklet describing many aspects of fat. Topics discussed include types of fats, cholesterol, and heart disease.

BN0002
HANDY NUTRITION
Dairy Bureau of Canada, 1978
32 p. : $0.25 : (GP)

Contains detailed but concise information on calories and nutrients. Available in french and english.

BN0003
INCLUDING BRAN IN FOODS
Kellogg Company, [197-?]
1 p. : free : (GP)

Gives recipes and ideas on how to add bran to foods.

BN0004
FIBRE FACT SHEET
Kellogg Salada Canada Ltd., [197-?]
5 p. : free : (GP)

Answers questions on fiber often asked by consumers.

BN0005
GRANDMA CALLED IT ROUGHAGE
(FDA 78-2087)
US DHEW (2), 1977
2 p. : free : (GP)

Reprint from FDA Consumer discussing many aspects of fiber including its history, its affect on the gastrointestinal tract, and natural food sources.

BN0006
FIBER
Kellogg Company, [197-?]
1 p. : free : (GP)

Gives an elaborate definition of fiber and lists the fiber content of Kellogg's cereals.

BN0007
A PRIMER ON FOUR NUTRIENTS: PROTEINS, CARBOHYDRATES, FATS, AND FIBER
(FDA 75-2026)
US DHEW (2), 1975
6 p. : free : (GP)

Reprint from FDA Consumer describing the functions of protein, carbohydrates, fats, and fiber.

BN0008
A PRIMER ON DIETARY MINERALS
(FDA 77-2070)
US DHEW (2), 1974
4 p. : free : (GP)

Reprint from FDA Consumer describing what minerals man needs and their best sources.

BN0009
IODINE NUTRITURE IN THE UNITED STATES
National Academy of Sciences (2), 1970
53 p. : single copy free : (P)

Summary of a conference on iodine nutriture by the Committee of Food Protection, October 31, 1970. Topics discussed include the extent of iodine insufficiency in the U.S., the use of iodized salt, and the safety and metabolism of iodine.

BN0010
IRON: ARE YOU GETTING ENOUGH IN YOUR DIET?
General Foods (1), [197-?]
6 p. : free : (GP)

Describes the function, sources and recommended intakes for iron. Iron deficiency anemia is also described. Guidelines for increasing iron intake are given.

BN0011
IRON IN ENRICHED WHEAT FLOUR, FARINA, BREAD, BUNS, AND ROLLS
American Medical Association (2), 1972
5 p. : single copy free : (P)

Reprint from the Journal of the American Medical Association discussing iron enrichment in flour and flour products.

BN0012
INTESTINAL RESPONSE TO THE BODY'S REQUIREMENT FOR IRON
American Medical Association (2), 1969
5 p. : single copy free : (P)

Reprint from the Journal of the American Medical Association discussing the control of iron absorption.

BN0013
HEALTH ASPECTS OF SODIUM AND POTASSIUM
Kellogg Company, [197-?]
[3] p. : free : (GP)

Presents basic facts about the function and food sources of sodium and potassium. Also gives the sodium and potassium content of some common foods.

BN0014
RECIPES WITH A CALCIUM BONUS
Manitoba Department of Health and Community Services, 1979
[6] p. : free : (GP)

Recipes for foods with a high calcium content. The calcium content of each serving is given.

BN0015
VITAMIN E - MIRACLE OR MYTH?
(FDA 76-2011)
US DHEW (2), 1976
2 p. : free : (GP)

Reprint from the FDA Consumer disclaiming popular curative and preventative uses of vitamin E.

BN0016
SUPPLEMENTATION OF HUMAN DIETS WITH VITAMIN E
National Academy of Sciences (2), 1973
4 p. : single copy free : (P)

Disclaims vitamin E supplementation as a cure or preventative measure of many human ailments such as sterility, heart disease, and muscular weakness.

BN0017
HAZARDS OF OVERUSE OF VITAMIN D
National Academy of Sciences (2), 1974
3 p. : single copy free : (P)

Discusses the hazards of excessive intake of vitamin D. The vitamin D requirement for all age groups is also mentioned.

BN0018
THE STORY OF VITAMINS AND THEIR ROLE IN HUMAN NUTRITION
Hoffman - La Roche Ltd. (1), 1978
14 p. : free : (GP)

A booklet describing the role and sources of different vitamins. Adequate levels of intake are also discussed.

BN0019
IMPORTANCE OF VITAMIN D MILK
American Medical Association (2), 1955
1 p. : single copy free : (P)

Reprint from the Journal of the American Medical Association. Discusses the importance of vitamin D milk with reference to infantile rickets.

BN0020
VITAMIN A PHYSIOLOGY
by C. A. Roels
American Medical Association (2), 1970
6 p. : single copy free : (P)

Reprint from the Journal of the American Medical Association describing the metabolism, function, requirement, deficiency, and toxicity of vitamin A.

BN0021
THE VITAMIN D SYSTEM IN THE REGULATION OF CALCIUM AND PHOSPHORUS METABOLISM
by H. F. DeLuca
The Nutrition Foundation, 1979
32 p. : single copy free : (P)

A reprint from Nutrition Reviews describing the role of vitamin D in the regulation of calcium and phosphorus metabolism.

BN0022
WHAT ABOUT VITAMIN C?
(FDA 75-2015)
by M. Morrison
US DHEW (2), 1974
3 p. : free : (GP)

Reprint from FDA Consumer. The article discusses the functions of vitamin C, scurvy, and controversial issues about the vitamin.

BN0023
FOLATE DEFICIENCY AND ORAL CONTRACEPTIVES
by E. H. Streiff
American Medical Association (2), 1970
4 p. : single copy free : (P)

Reprint from the Journal of the American Medical Association. The report discusses the effect of oral contraceptives on folate deficiency.

BN0024
PANTOTHENIC ACID VITAMIN B6 AND VITAMIN B12 IN FOODS
(HERR No. 36)
by E. L. Orr
USDA (1), 1969
53 p. : single copy free : (P)

Gives the pantothenic acid, vitamin B6, and vitamin B12 content of a large variety of foods. There is also a brief description of each vitamin.

BN0025
SOME FACTS AND MYTHS OF VITAMINS
(FDA 79-2117)
US DHEW (2), 1979
4 p. : free : (GP)

A reprint from the FDA Consumer which explains what vitamins are and how they work.

BN0026
ZINC: ITS RELATIONSHIP TO HEALTH AND DISEASE
by E. L. Vallee
Zinc Institute Inc., [197-?]
19 p. : free : (P)

Considers the relationship of zinc to health and disease. Notes instances of zinc deficiency and zinc toxicity in man.

BN0027
GUIDELINES FOR CANADIAN DRINKING WATER QUALITY, 1978
Health and Welfare Canada (15), 1979
79 p. : $1.50 : (P)

A booklet outlining the guidelines for Canadian drinking water quality. The topics discussed include microbiological characteristics, chemical characteristics and radiological characteristics.

BN0028
VITAMIN D SUPPLEMENTS
Canadian Paediatric Society, 1974
2 p. : single copy free : (P)

A statement of the Canadian Paediatric Society concerning vitamin D supplements for rapidly growing low-birthweight infants and patients on long-term anticonvulsant medication.

BN0029
THE USE AND ABUSE OF VITAMIN A
Canadian Paediatric Society, 1970
7 p. : single copy free : (P)

A statement from the Nutrition Committee of the Canadian Paediatric Society concerning the use and abuse of vitamin A. Recommendations to avoid excessive vitamin A intake are given.

BN0030
VITAMIN FACTS
(E107)
National Dairy Council, 1980
2 p. : $0.15 : (GP)

Vitamins and their roles in metabolism are summarized in this information sheet. Deficiency and megadose symptoms for 14 vitamins are provided in a convenient table.

BN0031
FACTS ABOUT POTASSIUM
American Heart Association (2), 1977
9 p. : single copy free : (GP)

Questions and answers about potassium and heart disease are presented, along with a potassium and sodium content of foods chart and a list of references.

BN0032
IRON: YOU NEED IT!
Montgomery County Department of Health, 1980
2 p. : single copy free : (GP)

Discusses when iron is needed, how much, where to get it, ways of increasing the amount, and recipes which are iron-rich.

BN0033
BUILD BETTER BLOOD
Arizona Department of Health Services, 1979
2 p. : single copy free : (GP)

Briefly discusses the relationship of blood, hemoglobin, and iron. Lists foods containing iron and foods containing vitamin C. Includes a mini activity project.

BN0034
CALCIUM THROUGHOUT THE LIFE CYCLE
National Dairy Council, 1978
40 p. : $1.50 : (P)

Discusses the importance of calcium throughout the entire life cycle and the need for a consistent and reliable source in the diet. Methods of assessing calcium needs are covered.

BN0035
THE PRUNE - POTASSIUM PARTNERSHIP
by A. Smith Payne
California Prune Advisory Board, 1973
23 p. : single copy free : (GP)

Discusses the relationship of sodium, potassium, and water to functional anatomy in health and disease. Guidelines for adding potassium to the diet and a list of foods rich in the mineral are included.

BN0036
VITAMIN DEPENDENT GENETIC DISEASE
by L. E. Rosenberg
National Foundation - March of Dimes (2), 1971
8 p. : single copy free : (P)

Covers the response of vitamin dependencies to pharmacologic doses of the missing substance, as well as the biochemical roles played by vitamins.

BN0037
YOU AND YOUR BONES
Dairy Bureau of Canada, 1977
4 p. : $0.12 : (E)

Discusses the function of bones and their dependence on good food choices.

BN0038
VITAMIN NUTRITION AND THE AMERICAN CONSUMER
Hoffman - LaRoche Ltd. (2), 1978
14 p. : single copy free : (P)

A position paper for industry which discusses the nutritional needs of the public, and how they can be met by the food industry.

BN0039
"ARE YOU ROBBING YOUR BODY OF VITAMINS?"
Hoffman - LaRoche Ltd. (1), 1977
14 p. : single copy free : (GP)

Questions and answers on the normal requirement for vitamins as well as the increased needs when one diets, drinks, smokes, or is ill. Includes a chart of 12 essential vitamins with the source and functions of each.

BN0040
BIRTH DEFECTS - THE HUMAN BIOCHEMICAL GENETICS OF AMINO ACID TRANSPORT
by C. R. Scriver
The National Foundation - March of Dimes (2), 1971
12 p. : single copy free : (P)

Discusses the distribution of amino acids in tissue fluids, characteristics of the transport process, genetic control of membrane transport of amino acids in man, the relevance of "in vitro" studies, and the reasons for such investigations.

BN0041
"QUESTIONS AND ANSWERS ABOUT VITAMIN C AND FRESH CITRUS FRUITS
Sunkist Growers, Inc., 1974
4 p. : single copy free : (GP)

Answers a number of questions commonly asked by the public regarding vitamin C and citrus fruits, snacking, and the use of supplements.

BN0042
IRON: THE BLOOD BUILDER
General Mills, Inc. (2), [1978?]
1 p. : free : (E)

Covers the basic role of iron and a list of foods supplying iron in the diet.

BN0043
VITAMIN A IS GOOD FOR YOUR EYES!
General Mills, Inc. (2), [1978?]
1 p. : free : (E)

Covers the basic role of vitamin A and lists important food sources.

BN0044
CALCIUM IS GOOD FOR YOUR BONES AND TEETH!
General Mills, Inc. (2), [1978?]
1 p. : free : (E)

Covers the basic role of calcium, nutrients needed for the body to utilize it, and a list of important food sources.

BN0045
VITAMIN C: HAVE SOME EVERY DAY!
General Mills, Inc. (2), [1978?]
1 p. : free : (E)

Covers the basic functions of vitamin C and lists important food sources.

BN0046
ADD MORE POTASSIUM TO YOUR DIET
American Heart Association (1), 1979
3 p. : single copy free : (GP)

Lists both "very good" and "good" sources of potassium.

BN0047
"A GUIDE TO VITAMINS"
by Alice Grover
Purity Supreme, Inc., 1980
2 p. : single copy free : (GP)

Briefly discusses nine essential vitamins in reference to their main role and best sources.

BN0048
POTASSIUM IN THE DIET OF ADULTS
New Hampshire Department of Health and Welfare, 1977
2 p. : single copy free : (GP)

Lists foods from each food group which are rich in potassium and discusses briefly how the body uses this mineral.

BN0049
THE CHOICE OF VITAMIN A ACID, ERYTHROMYCIN OR BENZOYL PEROXIDE FOR THE TOPICAL TREATMENT OF ACNE
by J. E. Fulton
Acne Health Care Centers International, Inc., 1974
5 p. : single copy free : (P)

Reports on the finding that topical benzoyl peroxide is more effective than systemic tetracycline, why this is the case, and how, when combined with vitamin A acid, rapid and complete clearing of acne vulgaris occurs.

BN0050
VITAMIN A ACID - THE LAST FIVE YEARS
by J. E. Fulton
Acne Health Care Centers International, Inc., 1975
6 p. : single copy free : (P)

A discussion of the basic pharmacology and physiology of vitamin A acid and its clinical applications, vitamin A acid in the treatment of acne, and vitamin A acid therapy in other diseases.

BN0051
ME, GOOD, TRY SOMETHING NEW
by E. Mapes and G. Keown
Cornell University (), 1977
iv. (various paging) : $3.00 : (P)

A twenty-two lesson series for youth 9-12 years of age based on the nutrients calcium, vitamin C, vitamin A, and iron. The master manual notebook contains lesson plans, sample handouts, and an appendix listing teaching aids. Binder format.

BN0052
GREAT VITAMIN MYSTERY
(E007)
National Dairy Council, 1978
39 p. : $0.70 : (S)

Presents historical sketches to relate the discovery of the five important vitamins. Directions for food experiments are included in a teaching guide.

BN0053
THE ESSENTIAL FATTY ACIDS
edited by W. W. Hawkins
Miles Laboratories, Ltd., 1976
85 p. : single copy free : (P)

Proceedings of a symposium on essential fatty acids which includes reviews of current research in this area.

BN0054
DIETARY FIBER
Miles Laboratories, Ltd., [1976?]
56 p. : single copy free : (P)

Proceedings of a symposium on dietary fiber which includes reviews of current research in this area.

BN0055
DIETARY FIBER
Institute of Food Technologists, 1979
5 p. : $0.50 : (P)

A scientific status summary by the Institute of Food Technologists' Expert Panel on Food Safety and Nutrition and the Committee on Public Information.

BN0056
VITAMIN FACTS
E. R. Squibb and Sons, Ltd., 1978
23 p. : single copy free : (GP)

Gives scientific names, functions, and food sources for vitamins and minerals. Discusses vitamin and mineral products manufactured by Squibb.

BN0057
FACTS ABOUT CALCIUM
Sandoz Pharmaceuticals, [1978?]
[11] p. : free : (GP)

Covers deficiencies, intake, dietary sources, and supplementation. Briefly introduces three forms of calcium supplements.

BN0058
IRONING OUT YOUR DIET
(H-716)
Michigan Department of Public Health, 1976
[6] p. : single copy free : (GP)

Explains the function of iron in the body and gives dietary sources and diet plans for infants and adults.

BN0059
QUESTIONS AND ANSWERS ABOUT FATS AND OILS IN OUR FOODS
Best Foods (1), [1978?]
[10] p. : single copy free : (GP)

Questions and answers about the food value of fats and oils, fatty acids, and the composition of fats and oils. Covers hydrogenation.

BN0060
MYTHS OF VITAMINS
(FDA 78-2047)
US DHEW (2), 1978
[6] p. : free : (GP)

Discusses the use and abuse of vitamins, and includes a list of good dietary sources of the various vitamins.

BN0061
SELENIUM AND HUMAN HEALTH
National Academy of Sciences (2), 1976
4 p. : single copy free : (P)

Discusses toxicity and deficiency of selenium, and suggests that supplementation is potentially hazardous.

BN0062
VITAMIN E
Institute of Food Technologists, 1977
4 p. : $0.50 : (P)

A review of the various claims made for this compound, with a discussion of the research involved. This summary concludes that actual dietary deficiencies are rare, that there are specific medical uses of the vitamin, and that more research is needed.

BN0063
A GUIDE TO FATS AND OILS
Best Foods (1), 1980
22 p. : single copy free : (GP)

A booklet describing many aspects of fats. Topics discussed include fat composition, cholesterol, fats in foods, fats in diets, use of fats, and food choices for health. A glossary is also included.

BN0064
FOOD FATS AND OILS
Institute of Shortening and Edible Oils, 1974
18 p. : free : (P)

Covers chemical composition, fatty acids, nutritional characteristics, and processing.

BN0065
WHY DO YOU NEED VITAMIN C ?
Florida Department of Citrus, 1980
[20] p. : single copy free : (E)

Outlines the reasons why vitamin C is necessary for bodily functions.

BN0066
VITAMINS IN YOUR GROWING YEARS
Vitamin Information Bureau, Inc., [1978?]
[8] p. : single copy free : (GP)

Outlines why vitamins are required, what they are, and the foods in which they are found. Includes a day-by-day checklist of vitamin intake.

BN0067
HOW DO YOU SCORE ON NUTRITION
Vitamin Information Bureau, Inc., 1977
[6] p. : $0.05 : (GP)

Includes a discussion of proper eating and a day-by-day checklist of intake of essential nutrients.

BN0068
VITAMINS OVER THE COUNTER: TAKE ONLY WHEN NEEDED
(FDA 79-1059)
US DHEW (2), 1979
[4] p. : free : (GP)

Discusses when vitamin supplementation is necessary, and when it is not.

BN0069
YARDSTICKS FOR NUTRITION
by B. Fry
Cornell University (2), 1974
[30] p. : $1.25 : (P)

Teaching kit for use with 4 - 18 year olds. Employs a "Nutrient Approach" rather than "Basic Four" method. Bar graphs illustrate the nutrient content of various foods.

BN0070
VITAMINS AND YOUR HEALTH
Vitamin Information Bureau, Inc., 1970
[13] p. : $0.15 : (GP)

A general discussion of the role of vitamins in human nutrition. The role of each major vitamin is outlined.

BN0071
VITAMIN D BACKGROUNDER
Vitamin Information Bureau, Inc., 1980
13 p. : $1.00 : (P)

Background information and references on vitamin D are provided.

BN0072
BACKGROUND INFORMATION - VITAMIN B6
Vitamin Information Bureau, Inc., 1978
[30] p. : $1.00 : (P)

History, chemistry, function, requirements, deficiency, and antagonists of vitamin B6 are outlined.

BN0073
VIB BACKGROUNDER - PANTOTHENIC ACID
Vitamin Information Bureau, Inc., 1978
23 p. : $1.00 : (P)

A review of research on pantothenic acid. Deficiency, food sources, and normal metabolism are included and references are provided.

BNOC74
VIE BACKGROUNDER - IRON
Vitamin Information Bureau, Inc., 1980
18 p. : $1.00 : (P)

Outlines iron and iron deficiency. References are included.

BNOC75
VIE BACKGROUNDER - VITAMIN E
Vitamin Information Bureau, Inc., 1978
[32] p. : $1.25 : (P)

Provides background information on the role of vitamin E. An extensive reference list is included.

BNOC76
VIE ZINC BACKGROUNDER
Vitamin Information Bureau, Inc., 1977
17 p. : $1.00 : (P)

An overview of the role of zinc in the human diet. A list of references is included.

BNOC77
BACKGROUND INFORMATION - VITAMIN K
Vitamin Information Bureau, Inc., 1980
8 p. : $1.00 : (P)

History, function, food sources, metabolism, deficiency, and clinical uses are covered. A comprehensive list of references is included.

BNOC78
VIE BACKGROUNDER - BIOTIN
Vitamin Information Bureau, Inc., 1975
[13] p. : $1.00 : (P)

Reviews the role of biotin in human metabolism. A list of references is provided.

BNOC79
VIE BACKGROUNDER - FOLIC ACID
Vitamin Information Bureau, Inc., 1975
[21] p. : $1.00 : (P)

Reviews the role of folic acid in the human diet. A comprehensive list of references is included.

BNOC80
BACKGROUND INFORMATION - TRACE ELEMENTS: THE ROLE OF CERTAIN MAJOR AND MINOR ELEMENTS
Vitamin Information Bureau, Inc., 1971
[24] p. : $1.00 : (P)

The role of trace elements in the human diet is outlined. References are provided.

BNOC81
BACKGROUND INFORMATION - VITAMIN B12
Vitamin Information Bureau, Inc.,
[197-?]
[22] p. : $1.00 : (P)

Reviews vitamin B12 research, and provides a list of references.

BNOC82
VITAMINS AND THE GROWING BODY
Vitamin Information Bureau, Inc.,
[197-?]
21 p. : $0.75 : (P)

A lesson plan on the role of vitamins in health. Background information and activity suggestions are presented for the major vitamins.

BNOC83
IRON! FOR A STRONGER GRIP ON HEALTH
Saskatchewan Health, [1979?]
6 p. : single copy free : (GP)

The role of iron in the body is outlined. Daily intake levels, iron deficiency, iron supplements, types of iron-rich foods, and the role of vitamin C in iron absorption are explained. Iron in the diet of infants and vegetarians is also outlined.

BIBLIOGRAPHIES AND DIRECTORIES (BZ)

BZ0001
HYPERTENSION: DIAGNOSIS, OCCURENCE, AND PREVENTION
(Literature Search No. 75-14)
US DHEW (5), 1975
18 p. : single copy free : (P)

References on hypertension compiled by the National Library of Medicine.

BZCC02
DIETARY FIBER
(Literature Search No. 77-3)
US DHEW (5), 1977
12 p. : single copy free : (P)

A bibliography which deals specifically with the role of fibre in the diet.

BZ0003
SECONDARY TEACHING MATERIALS AND TEACHER REFERENCES
(Nutrition Education Resource Series No. 4)
Society for Nutrition Education, 1977
25 p. : $3.00 : (P)

A selected compilation of print and non-print educational materials useful as teaching tools and reference materials.

BZ0004
NUTRITION INFORMATION RESOURCES FOR PROFESSIONALS
Society for Nutrition Education, 1979
15 p. : $1.00 : (P)

Resources listed include journals, individuals and societies, basic references, and selected current books. Guidelines for judging information are also given.

BZ0005
WEIGHT CONTROL AND OBESITY
(Nutrition Education Resource Series No. 7)
Society for Nutrition Education, 1978
20 p. : $3.00 : (P)

A selected compilation of print and non-print educational materials useful as teaching aids and background material for those involved in weight control programs. The source for each entry is given.

BZ0006
NUTRITION RESOURCES FOR THE WHOLE FAMILY
Society for Nutrition Education, 1979
11 p. : $0.50 : (GP)

A wide variety of consumer nutrition publications are listed by source.

BZ0007
TO READ OR NOT TO READ...A GUIDE TO SELECTING RELIABLE NUTRITION BOOKS
Saskatchewan Health, [1980?]
[6] p. : single copy free : (GP)

Reliable nutrition books are listed by broad subject category.

BZ0008
AGRICULTURAL FILMS AND SLIDE PRESENTATIONS 1979-1980
Ontario Ministry of Agriculture and Food, [1979?]
81 p. : single copy free : (P)

Health, agricultural, and nutrition audiovisual materials are listed according to type of media. Each entry is annotated and includes availablity information.

BZ0009
HOME ECONOMICS LIBRARY RESOURCE MATERIALS - A MULTI-MEDIA LISTING
(No.2057)
Manitoba Department of Education ; Manitoba Textbook Bureau [distributor], 1974
153 p. : $2.50 : (P)

A selection of print and non-print materials are listed by type of media. Source, grade level, and a descriptive annotation are given for each entry. Indexed by subject, title, and author.

BZ0010
THE CHICAGO NUTRITION ASSOCIATION PUBLICATIONS LIST 1977
compiled by C. S. Wanzeck and M. J. Lindgren
Chicago Nutrition Association, 1977
136 p. : $2.00 : (P)

An annotated bibliography of food and nutrition publications available to both professionals and consumers. Entries are listed alphabetically by subject, title, and source.

BZ0011
GUIDE TO CONSUMER EDUCATION MATERIALS
Ontario Ministry of Consumer and Commercial Relations, 1978
135 p. : single copy free : (P)

Consumer education materials are listed according to broad subject category, and type of material. Each entry includes a description and availability information.

BZ0012
SELECTED NUTRITION REFERENCES FOR PHYSICIANS AND MEDICAL STUDENTS
The Nutrition Foundation, 1976
45 p. : single copy free : (P)

Text citations are categorized by specific subject area. A list of titles for patient instruction is also included.

BZ0013
CYSTIC FIBROSIS
(NIH 77-1132)
US DHEW (9), [1977?]
201 p. : single copy free : (P)

A comprehensive list of references on cystic fibrosis. Indexed by subject and author.

BZ0014
AUDIO-VISUAL RESOURCES ON THE POLITICS OF HUNGER
World Hunger Education Service, 1980
20 p. : $1.00 : (P)

Audio-visual material is listed by broad subject category. Availability information is provided for each entry.

BZ0015
GUIDELINES FOR PLANNING HEALTH SERVICES: AN ANNOTATED BIBLIOGRAPHY
(HRA 79-14003)
US DHEW (20), 1978
250 p. : single copy free : (P)

Provides bibliographic references on guidelines for providing health services in specialized areas of health planning. Source and description are given for each entry.

BZ0016
BREAST IS BEST: A BIBLIOGRAPHY ON BREASTFEEDING AND INFANT HEALTH IN DEVELOPING COUNTRIES
by N. Baumslag, C. Kinsey, and E. Sabin
US DHEW : US Agency for International Development (1) [distributor], [197-?]
48 p. : single copy free : (P)

References are categorized by broad subject area.

BZ0017
1001 REFERENCES FOR THE HISTORY OF AMERICAN FOOD TECHNOLOGY
by G. Sharrer
Agricultural History Center, 1978
103 p. : single copy free : (P)

A list of references designed to help find sources of information about the history of food in American life. Arranged in alphabetical order by author, with a title index which cross references alphabetically.

BZ0018
A SELECT BIBLIOGRAPHY OF EAST/ASIAN FOODS AND NUTRITION ARRANGED ACCORDING TO SUBJECT MATTER AND AREA
(NIH 73-466)
by W. W. Leung, R. R. Butrum, and F. H. Chang
US DHEW (9) CB (8), 1972
296 p : single copy free : (P)

Brings together references once scattered over a wide area, and classifies them under nine basic food and nutrition subject areas.

BZ0019
CONCERNS OF AGING: NUTRITION
by G. M. Keown and R. N. Klippstein
Cornell University (2), 1976
39 p. : $3.00 : (P)

Abstracts and references on nutrition, dietary studies, physical aspects of aging, and theories of aging are provided in this listing.

BZ0020
FEDERAL AND NON-FEDERAL RESOURCES FOR NUTRITIONAL INFORMATION AND SERVICES - A SELECTED LIST
US DHEW (17), 1979
81 p. : single copy free : (P)

A directory of American nutrition programs and program information resources for professionals.

BZ0021
COOKBOOKS FOR DIABETICS - SELECTED ANNOTATIONS
US DHEW (24), 1979
12 p. : single copy free : (P)

Prepared as a resource for health care providers, educators, dietitians, and others involved in meals for persons with diabetes, this publications lists over 30 cookbooks.

BZ0022
NUTRITION AND THE CANCER PATIENT - SECOND EDITION
US DHEW (3), 1977
34 p. : single copy free : (P)

Patient and professional education materials are listed under broad subject categories. Journal articles, audiovisuals, pamphlets, books, and brochures are included. Source, cost, and descriptive information are provided for each entry. Indexed by title and author.

BZ0023
NUTRITION EDUCATION FOR THE WELL ELDERLY: AN ANNOTATED LIST OF RESOURCE MATERIALS AND CANADIAN PROGRAMS
by D. Dumouchel
Health and Welfare Canada (13), 1979
102 p. : single copy free : (P)

This bibliography was prepared to assist persons involved in the nutrition education of the well elderly. Includes a listing of print and audio-visual materials, and descriptions of several Canadian nutrition programs for the elderly.

BZ0024
DIRECTORY OF COMMUNITY HIGH BLOOD PRESSURE CONTROL ACTIVITIES
(NIH 77-1234)
US DHEW (7), 1977
367 p. : single copy free : (P)

Indicates the kinds of activity engaged in by each of the responding organizations. Serves to facilitate more interaction between community high blood pressure control organizations.

BZ0025
EDUCATIONAL MATERIALS FOR HYPERTENSIVE PATIENTS
(NIH 77-1244)
US DHEW (7), 1977
56 p. : single copy free : (P)

A catalog of evaluated publications providing basic information on format and availablity, content description, audience level, and overall rating.

BZ0026
DIABETIC AIDS - SELECTED PRODUCTS
US DHEW (24), 1979
16 p. : single copy free : (P)

Descriptive information for 47 diabetic aids is given. Source and cost are indicated for each entry.

BZ0027
EDUCATIONAL MATERIALS FOR AND ABOUT YOUNG PEOPLE WITH DIABETES - SELECTED ANNOTATIONS
(NIH 80-1971)
US DHEW (24), 1979
43 p. : single copy free : (P)

Patient and professional educational items in both print and non-print format are described.

BZ0028
SPANISH LANGUAGE MATERIALS - SELECTED ANNOTATIONS
US DHEW (24), 1980
11 p. : single copy free : (P)

Describes print and non-print Spanish language materials for diabetic education.

BZ0029
TEACHING GUIDES FOR DIABETES EDUCATION PROGRAMS - SELECTED ANNOTATIONS
US DHEW (24), 1979
16 p. : single copy free : (P)

Lists patient and professional resources for diabetes education programs.

BZ0030
DIABETES EDUCATIONAL MATERIALS FOR ADULTS WITH LIMITED READING SKILLS - SELECTED ANNOTATIONS
US DHEW (24), 1979
9 p. : single copy free : (P)

Lists print and non-print educational materials. Reading levels are indicated for print materials and a discussion on readability testing is included.

BZ0031
SANITATION BIBLIOGRAPHY FOR PROCESSING PLANT MANAGERS AND FOOD HANDLERS
by George A. Schuler
University of Georgia, [1974?]
52 p. : single copy free : (P)

Lists print and non-print materials in personal hygiene, microbiology, foodborne illness, food safety, food plant construction, and cleaning.

BZ0032
INFORMATION FOR DIABETICS ON CAREERS AND EMPLOYMENT - SELECTED ANNOATIONS
US DHEW (24), 1980
7 p. : single copy free : (P)

Lists publications and provides legislative background on the area of diabetic employment.

BZ0033
DIRECTORY OF THE 200 LARGEST U.S. FOOD AND TOBACCO PROCESSING FIRMS 1975
by J. M. Connor and L. L. Mather
Food Systems Research Group, 1975
ca. 500 p. : $5.00 : (P)

A directory which lists data on advertising, sales, profits, etc., for 200 companies.

BZ0034
INVENTORY OF CANADIAN AGRICULTURAL RESEARCH 1978 - 1979
Agriculture Canada (3), [1979?]
536 p. : single copy free : (P)

Describes over 4050 projects from more than 145 research establishments in Canada. Projects are broadly categoriezed by commodity or resource and by function or discipline.

BZ0035
WIC: DIRECTORY OF SPECIAL SUPPLEMENTAL FOOD PROGRAMS FOR WOMEN, INFANTS, AND CHILDREN
The Children's Foundation, 1979
[45] p. : $2.50 : (P)

A directory of local WIC programs. Over 1,520 programs are listed.

BZ0036
BREAST FEEDING AND WEANING FOODS
(PN AAC-682)
by D. B. Jelliffe, A. E. Ifekwunigwe, and E. F. Jelliffe
US Agency for International Development (1), 1974
34 p. : single copy free : (P)

An annotated bibliography of recent publications pertaining to breast feeding and weaning foods in developing countries.

BZ0037
BIBLIOGRAPHY OF AGRICULTURAL AND FOOD LAW 1960 - 1978
(Special Report 1)
by Winston W. Grant and Dale C. Dahl
Food Systems Research Group, 1979
145 p. : single copy free : (P)

Organized in terms of legal-economic subject matter category, as well as by type of publication. Indexed by author.

BZ0038
PREGNANCY AND NUTRITION
(Nutrition Education Resource Series No. 2)
Society for Nutrition Education, 1978
15 p. : $3.00 : (P)

This resource contains a selected listing of print and audiovisual materials useful to persons teaching about pregnancy and nutrition. The source of each entry is given.

BZ0039
VEGETARIANS AND VEGETARIAN DIETS
(Nutrition Education Resource Series No. 8)
Society for Nutrition Education, 1978
12 p. : $3.00 : (P)

A selected compilation of print and non-print materials useful as teaching tools and professional references on vegetarian diets. The source of each entry is given.

BZ0040
AUDIOVISUALS FOR NUTRITION EDUCATION
(Nutrition Education Resource Series No. 9)
Society for Nutrition Education, 1979
37 p. : $4.00 : (P)

A selected compilation of audiovisual materials useful as teaching tools in nutrition. The source of each entry is given.

BZ0041
INFANT NUTRITION AND FEEDING
(Nutrition Education Resource Series No. 11)
Society for Nutrition Education, 1976
16 p. : $3.00 : 1976

This resource contains a selected listing of print and non-print teaching and reference materials useful to people concerned with the nutritional care of infants.

BZ0043
AGING AND NUTRITION
(Nutrition Education Resource Series No. 5)
Society for Nutrition Education, 1980
16 p. : $4.00 : (P)

A compilation of selected print and non-print educational materials to be used in working with the elderly. The source of each entry is given.

BZ0042
ELEMENTARY TEACHING MATERIALS AND TEACHER REFERENCES
(Nutrition Education Resource Series No. 1)
Society for Nutrition Education, 1979
36 p. : $5.00 : (P)

A selected compilation of print and non-print educational materials to be used as teaching tools and reference material for those involved in teaching nutrition to elementary level students.

BZ0044
HOME ECONOMICS REHABILITATION
(RF-509)
by A. C. Yost, S. L. Schroeder, and C. Rainey
University of Missouri, 1977
107 p. : $1.50 : (P)

Entries are categorized by type of disability and by subject. A listing of relevant periodicals, journals, and catalogues is included.

BZ0045
A LIST OF REFERENCES FOR THE HISTORY OF THE UNITED STATES DEPARTMENT OF AGRICULTURE
by Maryanna S. Smith
Agricultural History Center, 1974
88 p. : single copy free : (P)

This bibliography covers major topics for the history of the U. S. Department of Agriculture. Indexed by author.

BZ0046
A LISTING OF U. S. NON-PROFIT ORGANIZATIONS IN FOOD PRODUCTION AND AGRICULTURAL ASSISTANCE ABROAD
American Council of Voluntary Agencies for Foreign Service, Inc., 1974
56 p. : single copy free : (P)

International and national organizations are listed alphabetically, with a brief description for each entry.

BAC047
AIDS AND SOURCES FOR NUTRITION EDUCATION
Ohio State Department of Health, 1977
11. (various paging) : single copy free : (P)

Nutrition education materials are listed by subject, and source and availability information are provided for each entry.

BZ0048
AUDIOVISUAL AIDS FOR HIGH BLOOD PRESSURE EDUCATION
(NIH 80-1663)
US DHEW (7), 1979
195 p. : single copy free : (P)

Aids for public, patient, and professional education are listed. Indexed by producer, title, and format.

BZ0049
DENTAL RESEARCH IN THE UNITED STATES AND OTHER COUNTRIES
(NIH 79-450)
US DHEW (4), 1979
[450] p. : single copy free : (P)

A directory of dental research projects sponsored by federal and non-federal organizations.

BZ0050
NATIONAL INSTITUTE OF DENTAL RESEARCH - PROGRAMS
(NIH 80-547)
US DHEW (4), 1980
232 p. : single copy free : (P)

Lists extramural research grants, training grants and awards, research contracts, and interagency agreements active in fiscal year 1979.

BZ0051
DAY CARE - GUIDE TO READING
Health and Welfare Canada (3), 1975
168 p. : free : (P)

A chapter on health and nutrition is included in this bibliography.

BZ0052
BEHAVIORAL APPROACHES TO THE TREATMENT OF HYPERTENSION: A BIBLIOGRAPHY
(NIH 80-1219)
by D. B. Ragland and J. F. Bunker
US DHEW (6), 1980
67 p. : single copy free : (P)

Contains eight sections dealing with seperate non-pharmacological or behavioral treatment categories, and a general information section.

BZ0053
SKIN CANCER EDUCATION MATERIALS - SELECTED ANNOTATIONS
(NIH 78-1551)
US DHEW (3), 1978
35 p. : single copy free : (P)

Materials for public and professional education are listed by broad subject and category. Cost, availability, and descriptive information are included. Indexed by author, title, subject , and format.

BZ0054
ANNOTATED BIBLIOGRAPHY RELATING TO WORLD FOOD ISSUES
(IAE Mimeo 62)
by E. H. D'Silva and R. M. Tracy
Cornell University (5), 1978
21 p. : single copy free : (P)

Publications dealing with world hunger issues are listed alphabetically by author.

BZ0055
INVENTORY OF FEDERAL FOOD, NUTRITION, AND AGRICULTURE PROGRAMS
(CED 79-125)
US General Accounting Office, 1979
56 p. : singlecopy free : (P)

A directory of American food, nutrition, and agriculture programs compiled for planning and policy purposes. A sample copy of the data collection instrument used is included.

BZ0056
AUDIOVISUAL GUIDE TO THE CATALOG OF THE FOOD AND NUTRITION INFORMATION AND EDUCATIONAL MATERIALS CENTER
USDA (8), [1977?]
132 p. : single copy free : (P)

Audiovisuals are categorized by date of inclusion, and indexed by format, subject, title, corporate author, and personal author.

BZ0057
ORAL CANCER EDUCATION - SELECTED ANNOTATIONS
(NIH 78-1514)
US DHEW (3), 1977
17 p. : single copy free : (P)

Public, patient and professional education materials are listed by subject. Cost, availability, and descriptive information is included for each entry. Indexed by title.

BZ0058
SELECTED PATIENT INFORMATION REFERENCES ON NUTRITION AND ARTHRITIS
US DHEW (25), 1979
[2] p. : single copy free : (P)

A selection of books are listed in order of title. Source and descriptive information are included for each entry.

BZ0059
NUTRITION REFERENCES AND BOOK REVIEWS - REVISED 1975
Chicago Nutrition Association, 1975
53 p. : $2.00 : (P)

A listing of books and journal articles useful for teaching and reference. The source of each entry is given.

BZ0060
AUDIOVISUAL RESOURCES IN FOOD AND NUTRITION
The Oryx Press, 1979
232 p. : $13.45 : (P)

An annotated index to audiovisual materials in food, human nutrition, and food service management. Includes author, title, media, and subject indexes.

BZ0061
DIETARY FIBRE
Mascnite Corporation, 1978
73 p. : single copy free : (P)

A computerized literature search which compiles current research references. As an introduction to the subject, three articles on fibre are included.

BZ0062
NUTRITION AND MENTAL DEVELOPMENT
(Literature Search No. 76-3)
by P. E. Pothier
US DHEW (5), [1976?]

11 p. : single copy free : (P)

References are listed alphabetically by author.

BZ0063
AUDIOVISUAL AIDS IN MEDICAL EDUCATION
(Literature Search No. 78-10)
by E. J. Benzer
US DHEW (5), [1978?]
14 p. : single copy free : (P)

Citations to articles which discuss the application, use, and evaluation of audiovisual aids in medical education are listed alphabetically by author.

BZ0064
HYPERALIMENTATION
(Literature Search No. 76-15)
by J. M. Airall
US DHEW (5), [1976?]
20 p. : single copy free : (P)

References are listed alphabetically by author.

BZ0065
LAETRILE
(Literature Search No. 78-2)
by C. Kenton
US DHEW (5), [1987?]
[7] p. : single copy free : (P)

Contains citations on the therapuetic, adverse, chemical, and legislative aspects of Laetrile. Listed alphabetically by author.

BZ0066
VASOACTIVE INTESTINAL POLYPEPTIDE
(Literature Search No. 76-33)
by P. E. Pothier
US DHEW (5), [1976?]
6 p. : single copy free : (P)

References are listed aphabetically by author.

BZ0067
LICORICE IN THE TREATMENT OF PEPTIC ULCER
(Literature Search No. 76-28)
by P. E. Pothier
US DHEW (5), [1976?]
5 p. : single copy free : (P)

References are listed alphabetically by author.

BZ0068
PHOTOCOAGULATION IN DIABETIC RETINOPATHY
(Literature Search No. 78-7)
by P. E. Pothier
US DHEW (5), [1978?]
5 p. : single copy free : (P)

Research articles are listed alphabetically by author.

BZ0069
FAILURE TO THRIVE
(Literature Search No. 77-10)
by J. van de Kamp
US DHEW (5), [1977?]
7 p. : single copy free : (P)

References are arranged alphabetically by author.

BZ0070
SACCHARIN
(Literature Search No. 77-9)
by G. D. Nowak
US DHEW (5), [1977?]
9 p. : single copy free : (P)

Recent articles dealing with saccharin are listed alphabetically by author.

BZ0071
ADOLESCENT PREGNANCY
(Literature Search No. 78-8)
by C. Kenton
US DHEW (5), [1978?]
16 p. : single copy free : (P)

Covers the medical, psychological, public health, nursing, and counseling aspects of teenage pregnancy. References are listed alphabetically by author.

BZ0072
FOOD - REPORTS, LEGISLATION AND INFORMATION SOURCES
(CED 78-37)
US General Accounting Office, 1978
238 p. : single copy free : (P)

Lists food-related documents published by American government departments between July 1973 and September 1977. Source and availability are indicated.

BZ0073
NUTRITION
by Jennie Hunt
US DHEW (5), 1979
[11] p. : single copy free : (GP)

A selected annotated bibliography which lists materials by format. Titles are arranged alphabetically by title under each category.

BZ0074
LEARNING ABOUT BREASTFEEDING: A SELECTED BIBLIOGRAPHY AND RESOURCE GUIDE
by A. W. Myres
Health and Welfare Canada (4), 1980
15 p. : single copy free : (P)

Selected references are listed alphatetically by author under several broad subject categories. Books, journal articles, pamphlets, posters, and audiovisuals are included.

BZ0075
PATIENT EDUCATION MATERIALS FOR OSTOMATES
(NIH 78-1512)
US DHEW (3), 1977
10 p. : single copy free : (P)

Print and non-print materials are listed according to type of ostomy. Cost, source, and descriptive information are included for each entry.

BZ0076
NUTRITION EDUCATION MATERIALS FOR USE IN THE WIC PROGRAM
(FNS-166)
USDA (2), 1978
34 p. : single copy free : (P)

Materials are listed under broad subject area, alphabetically by title. Grade level, cost, source, and a brief description are included for each entry.

BZ0077
DIET AND NUTRITION FOR PEOPLE WITH DIABETES - SELECTED ANNOTATIONS
(NIH 80-1872)
US DHEW (24), 1979
56 p. : single copy free : (P)

Public, patient, and professional resource materials are categorized by format and listed alphabetically by title. Source, cost, and a brief description are included for each entry. Indexed by title.

BZ0078
A SELECTED BIBLIOGRAPHY ON BREAST FEEDING
National Research Council : US DHEW (17) [distributor], 1978
56 p. : single copy free : (P)

Selected references are classified by format and broad subject area.

BZ0079
SELECTED READINGS ON WORLD FOOD NEEDS
League for International Food Education, 1979
3 p. : single copy free : (P)

References on food policy, food supply, and development issues are listed alphatetically be author.

BZ0080
REFERENCE LIST FOR WHEAT PROTEIN CONCENTRATE AND ITS USES
League for International Food Education, [1976?]
3 p. : single copy free : (P)

References are listed alphabetically by author. Availability information is given for each entry.

BZ0081
TRACE ELEMENTS REFERENCE LIST
League for International Food Education, [1976?]
5 p. : single copy free : (F)

References on trace elements are listed alphabetically by author.

BZ0082
TEXTURED VEGETABLE PROTEIN REFERENCE LIST
League for International Food Education, 1976
[5] p. : single copy free : (F)

References are listed alphabetically by author. An addendum provides an address list of companies producing textured vegetable protein products.

BZ0083
SINGLE CELL PROTEINS FROM PETROLEUM SUBSTRATES
League for International Food Education, [1976?]
7 p. : single copy free : (F)

Journal references, press releases, books, and organizations engaged in petroleum substrate research are listed alphabetically.

BZ0084
PRECOOKED BEAN PRODUCTS REFERENCE LIST
League for International Food Education, [1976?]
7 p. : single copy free : (F)

References are listed alphabetically by author. Source and ordering information are given for each entry.

BZ0085
PEANUT PROCESSING AND UTILIZATION REFERENCE LIST
League for International Food Education, 1976
8 p. : single copy free : (F)

References on the utilization of peanuts are listed alphabetically by author. Source and availability are given for most entries.

BZ0086
SELECTED READINGS ON NUTRITION PLANNING
League for International Food Education, 1976
[2] p. : single copy free : (F)

References are listed alphabetically by author.

BZ0087
BREAD BAKING USING INDIGENOUS CROPS
League for International Food Education, 1976
[4] p. : single copy free : (F)

References are listed alphabetically by author. A table outlining the various types of flours and their baking characteristics is included.

BZ0088
BAKED GOODS FOR THE DEVELOPING WORLD - A VEHICLE FOR IMPROVING NUTRITION REFERENCE LIST
League for International Food Education, 1976
9 p. : single copy free : (F)

References relating to the improvement of the nutritional characteristics of baked goods are listed alphabetically by author.

BZ0089
CURRENT REFERENCES ON THE ROLE OF FIBRE
League for International Food Education, 1976
[3] p. : single copy free : (F)

A selection of journal references are listed alphabetically by author.

BZ0090
DIET AND DENTAL HEALTH REFERENCES
by J. N. Navia
League for International Food Education, 1976
[1] p. single copy free : (F)

Journal references are listed in alphabetical order by author.

BZ0091
HEALTH AND NUTRITION REFERENCES
League for International Food Education, 1979
7 p. : single copy free : (F)

Selected references are given in order of source. Cost and descriptive information are given for each entry.

BZ0092
LEAF PROTEIN: UPDATE REFERENCE LIST
League for International Food Education, 1974
17 p. : single copy free : (F)

Selected references on leaf protein are listed alphabetically by title.

BZ0093
CATALOGUE OF NUTRITION EDUCATION MATERIAL
The Family Circle, Inc., 1979
[20] p. : single copy free : (F)

Print and non-print materials are listed according to source and format. Ordering information is provided for each entry.

BZ0094
INDEX OF NUTRITION EDUCATION MATERIALS
The Nutrition Foundation, 1977
237 p. : $8.75 : (P)

Print and non-print materials are classified by format and broad subject category. Source and cost are indicated for each entry. Indexed by subject and source.

BZ0095
THIRD WORLD BIBLIOGRAPHY AND RESOURCE GUIDE
Oxfam-Canada, [1975?]
111 p. : $3.00 : (P)

Materials are categorized by geographical area, subject, or format and listed alphabetically by author. A brief description accompanies each entry.

BZ0096
RESOURCES ON WORLD FOOD SITUATION
Mennonite Central Committee, [1975?]
8 p. : single copy free : (GP)

Print and non-print materials are listed alphabetically by author.

BZ0097
REFERENCE READING LIST ON EMERGENCY FEEDING
Health and Welfare Canada (10), 1972
7 p. : single copy free : (P)

Manuals, pamphlets, and periodicals are referenced is this listing.

BZ0098
GUIDE TO NUTRITION INFORMATION
by M. T. Goodwin and Vera Howard
Montgomery County Department of Health, 1977
18 p. : single copy free : (GP)

Current nutrition publications are listed alphabetically by author.

BZ0099
DIRECTORY OF ORGANIZATION AND INFORMATION RESOURCES
US DHEW (25), 1979
28 p. : single copy free : (P)

Associations, foundations, clearinghouses, government and international organizations, and retrieval services dealing with arthritis and related areas are listed and described in this directory. Indexed by title of the organization.

BZ0100
AUDIOVISUAL MATERIALS ON ARTHRITIS FOR PATIENT EDUCATION
US DHEW (25), 1979
15 p. : single copy free : (P)

Audiovisual materials are listed by source. Indexed by title and subject.

BZ0101
A SELECTED LIST OF BOOKS ABOUT ALLERGY AND ALLERGY DIETS
Allergy Foundation of Canada, [197-?]
[2] p. : single copy free : (GP)

A selection of books are listed in order of call number.

BZ0102
SELECTED REFERENCES ON EDUCATING HANDICAPPED CHILDREN
US DHEW (25), 1979
[2] p. : single copy free : (P)

Books and journal articles are referenced in this selected list.

BZ0103
PATIENT EDUCATION RESOURCES ON ARTHRITIC CONDITIONS - BOOKLETS AND BROCHURES
US DHEW (25), 1979
37 p. : single copy free : (P)

Provides references to information on arthritis and its medical management. Daily living, nutrition, and quackery are covered. Indexed by title and source.

BZ0104
WHO'S INVOLVED WITH HUNGER - AN ORGANIZATION GUIDE
edited by P. L. Kutzner
World Hunger Education Service, 1979
35 p. : $2.50 : (P)

Government organizations, private agencies, and appropriate technology organizations are described in this guide. Publications, addresses, and contact persons are listed with each entry.

BZ0105
VISUAL AIDS ON FOOD SERVICE AND PROCESSING
US DHEW (1), 1979
50 p. : single copy free : (P)

Lists audiovisuals and training aids for use in food service and food processing instruction classes.

B2C106
NIH PUBLIC ADVISORY GROUPS: STRUCTURE, FUNCTIONS, MEMBERS
(NIH 79-11)
US DHEW (15), 1979
377 p. : single copy free : (P)

Explains the functioning and structure of public advisory groups in providing counsel and critique with respect to the biomedical research activities of the National Institutes of Health.

B2C107
SCRE WORDS ON AGING - SUPPLEMENT 1971
(CES 74-20217)
US DHEW (26), 1974
107 p. : single copy free : (?)

References covering 1968-1970 are provided in this bibliography on aging. A chapter on health and medical care includes a nutrition section.

CARDIOVASCULAR DISEASE (CA)

CACC01
ATHEROSCLEROSES UPDATE: EMPHASIS ON DIET
Best Foods (2), 1979
23 p. : free : (P)

A review of literature concerned with the effects of diet on blood cholesterol and lipoprotein levels. It presents recent findings in lipoprotein metabolism and gives a critique of the role of moderate dietary changes in reducing the morbidity and mortality from atherosclerosis and coronary heart disease. An extensive list of references is included.

CA0002
FACT SHEET: HYPERLIPOPROTEINEMIA
(NIH 79-734)
US DHEW (6), 1979
10 p. : free : (GP)

A factual booklet designed for the patient with hyperlipoproteinemia. Definitions of cholesterol, triglycerides, and hyperlipoproteinemia are given. The types and treatment of hyperlipoproteinemia are also described.

CACC03
MUTANTS, HYPERLIPOPROTEINAEMIA, AND CORONARY ARTERY DISEASE
The National Foundation - March of Dimes (2), [1971?]
6 p. : single copy free : (P)

Reprint from the British Medical Journal describing different types of hyperlipoproteinemia and coronary artery disease.

CACC04
LIVING WITH HIGH BLOOD PRESSURE
Pfizer, Inc., 1978
24 p. : free : (GP)

A booklet designed for use by patients with hypertension. Included in the booklet are answers to questions about hypertension and a personal medical diary.

CACC05
STROKE WATCH
Ontario Heart Foundation, [1979?]
[2] p. : free : (GP)

A brochure listing the signs of a stroke and the factors which increase a person's risk.

CACC06
ARE RISK HEART ATTACK? SIX WAYS TO GUARD YOUR HEART
Ontario Heart Foundation, [1972?]
[2] p. : free : (GP)

A brochure describing six ways of reducing a person's risk of a heart attack.

CACC07
HYPERTENSION IS HIGH BLOOD PRESSURE
Merck, Sharp and Dohme, [1978?]
12 p. : free : (GP)

A booklet describing high blood pressure, its causes, how it is detected and its treatment.

CACC08
WHAT EVERYONE SHOULD KNOW ABOUT SMOKING AND HEART DISEASE
American Heart Association : Ontario Heart Foundation [distributor], [1975?]
[2] p. : free : (GP)

A brochure answering questions about smoking and its effects on the heart.

CACC09
DOWN WITH HIGH BLOOD PRESSURE
Ontario Heart Foundation, [1975?]
[2] p. : free : (GP)

A brochure briefly describing the occurrence and treatment of hypertension.

CA0010
STATEMENT ON HYPERTENSION IN THE ELDERLY
US DHEW (7), 1980
7 p. : single copy free : (P)

A booklet discussing issues related to hypertension and the elderly. The issues discussed include at what levels of blood pressure should treatment be initiated, side effects specific to elderly patients, and the effect of treatment on longevity.

CA0011
NATIONAL DENTAL LEADERSHIP CONFERENCE ON HIGH BLOOD PRESSURE: SUMMARY OF PROCEEDINGS AND RECOMMENDATIONS
US DHEW (7), 1974
46 p. : single copy free : (P)

Summary of a conference dealing with the dentist's role in detecting hypertensive adults.

CA0012
HIGH BLOOD PRESSURE IN THE UNITED STATES: AN OVERVIEW OF THE PROBLEM AND THE CHALLENGE
(NIH 75-755)
by J. Stamler
US DHEW (7), 1975
66 p. : single copy free : (P)

A reprint from the National Conference on High Blood Pressure Education Report of Proceedings. Topics discussed include prevalence of hypertension in the U.S., morbidity, disability and mortality due to hypertension, and effectiveness of antihypertensive medicine.

CA0013
REPORT OF THE JOINT NATIONAL COMMITTEE ON DETECTION, EVALUATION, AND TREATMENT OF HIGH BLOOD PRESSURE
(NIH 79-1088)
US DHEW (7), 1979
16 p. : single copy free : (P)

This report provides practical recommendations for identifying that segment of the total population with high blood pressure, determining those who can be expected to benefit from antihypertensive therapy, and providing appropriate therapeutic regimens.

CA0014
OFFICE VISITS FOR HYPERTENSION, NATIONAL AMBULATORY MEDICAL CARE SURVEY: UNITED STATES, JANUARY 1975 - DECEMBER 1976
(PHS 78-1250)
US DHEW (22), 1978
8 p. : single copy free : (P)

An Advance Data report on the National Ambulatory Medical Survey of the number of office visits for hypertension.

CA0015
REPORT OF THE TASK FORCE ON BLOOD PRESSURE CONTROL IN CHILDREN
American Academy of Pediatrics : US DHEW (7) [distributor], 1977
23 p. : single copy free : (P)

Reprint of a Pediatrics Supplement on blood pressure control in children. The report includes guidelines for detecting elevated blood pressure, a discussion of treatment for children with hypertension, and recommendations.

CA0016
YOUR HEART AND HOW TO LIVE WITH IT
by I.E. Lamb
Standard Brands Canada Ltd., 1970
25 p. : free : (GP)

A small book describing heart disease and ways of decreasing the risk of developing it. Some of the issues discussed include diet, exercise, smoking, and alcohol.

CA0017
FOUR KEYS TO A HEALTHY HEART
by A. Blakeslee and J. Stamler
Best Foods (2), 1976
31 p. : free : (GP)

A small book discussing factors which increase a person's risk of developing heart disease. Some of factors discussed are cholesterol, smoking, hypertension, diabetes, obesity, stress, exercise, heredity, and diet.

CA0018
HEART QUIZ
American Heart Association : Ontario Heart Foundation [distributor], [1975?]
[2] p. : free : (GP)

This quiz consists of sixteen questions about heart disease. The answers to all questions are given.

CA0019
VENOUS THROMBOSIS AND PULMONARY EMBOLISM
(NIH 75-737)
US DHEW (6), 1975
[3] p. : free : (GP)

A fact sheet defining venous thrombosis and pulmonary embolism. Also discussed are factors affecting susceptibility, diagnosis and treatment.

CA0020
ARTERIOSCLEROSIS
(NIH 79-1421)
US DHEW (6), 1979
22 p. : single copy free : (GP)

A fact sheet presenting in detail many aspects of the problem of arteriosclerosis: what it is, its consequences, magnitude, risk factors, research, and prevention.

CA0021
THE HUMAN HEART: A LIVING PUMP
(NIH 78-1053)
US DHEW (6), [1978?]
[4] p. : single copy free : (GP)

Describes how the heart works. A glossary of basic heart terms is also included.

CA0022
YOUR HEART
Canadian Heart Foundation : Ontario Heart Foundation [distributor], [1972?]
17 p. : free : (GP)

A book describing how the heart works, different types of heart diseases and precautions which must be taken by those people living with heart trouble.

CA0023
INBORN (CONGENITAL) HEART DEFECTS
(NIH 76-1085)
US DHEW (6), 1976
8 p. : free : (GP)

A booklet describing different types of congenital heart defects.

CA0024
CHILDREN WITH HEART DISEASE
American Heart Association : Ontario Heart Foundation [distributor], [1979?]
15 p. : free : (P)

A booklet designed to help teachers understand the problems of children with rheumatic heart disease or a congenital heart defect.

CA0025
HOW DOCTORS DIAGNOSE HEART DISEASE
(NIH 78-753)
US DHEW (6), 1978
17 p. : free : (GP)

A booklet written for the general public to describe the variety of procedures physicians may follow in the process of diagnosing possible heart disease. A list of warning signals of a heart attack are also given.

CA0026
AFTER A CORONARY
American Heart Association : Ontario Heart Foundation [distributor], 1969
2 p. : free : (GP)

A booklet written for patients who have experienced a coronary attack. Questions about heart attacks are answered.

CA0027
HEART DRAWINGS: ANTERIOR, POSTERIOR, AND CORONAL CROSS SECTIONAL VIEWS
American Heart Foundation : Ontario Heart Foundation [distributor], [1972?]
[6] p. : free : (P)

Drawings of the heart in colour with 45 labels. Can be used as a teaching aid.

CA0028
NUTRITION LABELING - FOOD SELECTION HINTS FOR FAT-CONTROLLED MEALS
American Heart Association (2), 1978
8 p. : single copy free : (GP)

An explanation of the labelling of fats and oils for those on fat-controlled diets.

CA0029
PROCEEDINGS OF THE NATIONAL HEART AND LUNG INSTITUTE WORKING CONFERENCE ON HEALTH BEHAVIOR
(NIH 77-868)
US DHEW (6), 1977
300 p. : single copy free : (P)

Papers presented review and recommend specific behavioral and educational approaches to the prevention and control of heart, lung and blood disorders.

CA0030
PROCEEDINGS OF THE NUTRITION - BEHAVIORAL RESEARCH CONFERENCE
(NIH 76-978)
US DHEW (6), 1976
134 p. : single copy free : (P)

A review of objectives, progress and results of nutrition education and intervention programs undertaken by the federal government.

CA0031
THE INCREASED RISK OF DEATH FROM ISCHAEMIC HEART DISEASE IN FIRST DEGREE RELATIVES OF 121 MEN AND 96 WOMEN WITH ISCHAEMIC HEART DISEASE
by J. Slack and K.A. Evans
The National Foundation - March of Dimes (2), 1966
[12] p. : single copy free : (P)

A study of the pedigrees of nearly equal numbers of men and women with ischaemic heart disease. It attempts to obtain documents of confirmation of every cause of death or serious morbidity in first degree relatives.

CA0032
EARLY WARNINGS OF HEART ATTACK
Metropolitan Life Insurance Company, 1977
[2] p. : free : (GP)

Discusses the symptoms of pain and locations of the body affected, followed by a checklist of other heart attack warnings. Five steps for helping a possible heart attack victim are listed.

CA0033
FACTS ABOUT CONGESTIVE HEART FAILURE
American Heart Association : Ontario Heart Foundation [distributor], 1969
[3] p. : free : (GP)

Defines medical terminology. Discusses the function of the heart, the various aspects of heart failure and the treatment used.

CA0034
CONGESTIVE HEART FAILURE
(NIH 77-923)
US DHEW (6), 1977
[6] p. : free : (GP)

Thoroughly covers the definition, causes, treatment, and prevention of congestive heart failure.

CA0035
CHOLESTEROL COUNTDOWN
Best Foods (2), [1978?]
[30] p. : free : (GP)

General guideline briefly discussing heart disease, cholesterol, saturated and polyunsaturated fat, and the type of fat in the various fat-containing foods. Predominantly low-cholesterol recipes.

CA0036
CHOLESTEROL COUNTDOWN
Best Foods (2), [1978?]
[4] p. : free : (GP)

A general guideline to aid in the control of cholesterol intake. Indicates foods allowed and foods to be omitted.

CA0037
TOTAL SERUM CHOLESTEROL LEVEL OF ADULTS 18-74 YEARS OF AGE, U.S. 1971-74
US DHEW (22), 1977
8 p. : single copy free : (P)

Field data on the serum cholesterol level obtained as part of the Health and Nutrition Examination Survey (HANES). Presented and analyzed by age, sex, and race.

CA0038
TOTAL SERUM CHOLESTEROL LEVELS OF CHILDREN 4-17 YEARS OF AGE, U.S. 1971-74 (HRA 77-1250)
US DHEW (22), 1977
11 p. : single copy free : (P)

Reference data of the levels of serum cholesterol of children 4-17 years of age presented and analyzed by age, sex and race.

CA0039
A COMPARISON OF LEVELS OF SERUM CHOLESTEROL OF ADULTS 18-74 YEARS OF AGE IN THE U.S. IN 1960-62 AND 1971-74 (HRA 77-1250)
US DHEW (22), 1977
7 p. : single copy free : (P)

Contains prospective as well as cross-sectional epidemiologic studies associating the level of serum cholesterol with risk of developing coronary heart disease.

CA0040
CHOLESTEROL-LOWERING DIETS
by J.T. Anderson, F. Grande, and A. Keys
The American Dietetic Association : Best Foods (2) [distributor], 1973
9 p. : free : (P)

Reviews studies that show that a decreased intake of saturated fat and cholesterol coupled with an increased intake of polyunsaturated fat will reduce serum lipids.

CA0041
RECIPES FOR FAT CONTROLLED LOW-CHOLESTEROL MEALS
American Heart Association : Ontario Heart Foundation [distributor], 1975
35 p. : free : (GP)

Recipes taken from the 1975 edition of the American Heart Association Cookbook are presented. Included are definitions of terms, cooking tips, and vegetarian recipes.

CA0042
WATCH YOUR BLOOD PRESSURE
by T. Irwin
Public Affairs Committee, Inc. : US DHEW (7) [distributor], 1979
28 p. : free : (GP)

Deals with normal blood pressure versus hypertension, types of hypertension, hypertensives, and how the disease is diagnosed and controlled. Methods of treatment, and what the patient can do are also covered.

CA0043
AFTER A HEART ATTACK
American Heart Association : Ontario Heart Foundation [distributor], 1979
17 p. : free : (GP)

Answers questions which arise when one is on the way to recovery after a heart attack. Definitions of terms used by physicians are included.

CA0044
SAVE FOOD $$ AND HELP YOUR HEART
American Heart Association : Ontario Heart Foundation [distributor], 1974
14 p. : free : (GP)

Gives ideas on how to shop economically while selecting healthful foods. Contains hints on storing and preparing food.

CA0045
DIETARY FATS AND YOUR HEALTH
Becel, 1978
24 p. : single copy free : (GP)

Discusses the facts about fats, different types of fats, cholesterol, heart and coronary artery disease, and how to reduce the risk factors of this disease. Recipes are included.

CA0046
EAT WELL, BUT EAT WISELY TO REDUCE YOUR RISK OF HEART ATTACK
American Heart Association (1), [1976?]
[4] p. : single copy free : (GP)

Discusses whether the food one eats increases risk of heart attack. Recommends a list of moderate changes in daily eating habits.

CA0047
REDUCE YOUR RISK OF HEART ATTACK
American Heart Association (1), 1974
15 p. : single copy free : (GP)

Explains the major risks and what to do about them. Provides useful facts about the heart and circulation, and about atherosclerosis.

CA0048
TEE WAY TO A MAN'S HEART
American Heart Association : Ontario Heart Foundation [distributor], 1972
[16] p. : free : (GP)

A fat-controlled, low-cholesterol meal plan to reduce the risk of heart attack. Includes definitions of terminology.

CA0049
THE HEART AND BLOOD VESSELS
American Heart Association : Ontario Heart Foundation [distributor], 1973
16 p. : free : (GP)

Describes the healthy heart and how it functions and the types of disorders of the cardiovascular system.

CA0050
LIVING WITH ANGINA
American Heart Association (1), 1979
11 p. : single copy free : (GP)

Discusses what angina is, how it is developed, how it is treated and how one lives a full, active life with it.

CA0051
HIGH BLOOD PRESSURE AND HOW TO CONTROL IT
American Heart Association (1), 1974
12 p. : single copy free : (GP)

Informative booklet which describes what high blood pressure is, what it can do to the body and how it can be controlled.

CA0052
USA-CCCP EXCHANGE IN CARDIOVASCULAR AREA 1972 -1977
(NIH 78-1423)
US DHEW (6), 1978
101 p. : single copy free : (P)

Reviews the cooperative efforts in cardiovascular medicine carried out under two agreements between the government of the U.S. and the U.S.S.R.

CA0053
RECOMMENDATIONS FOR PREVENTION PROGRAMS IN RELATION TO NUTRITION AND CARDIOVASCULAR DISEASE
Health and Welfare Canada (1), 1977
3 p. : single copyfree : (P)

Contains recommendations of the Committee on Diet and Cardiovascular Disease, as amended and adopted by the Department of National Health and Welfare.

CA0054
MINISTRY OF HEALTH STATEMENT ON DIET AND CARDIOVASCULAR DISEASE
British Columbia Ministry of Health, 1977
[1] p. : $0.10 : (P)

A list of recommendations aimed at minimizing the risk of cardiovascular disease associated with dietary factors.

CA0055
DIET AND CORONARY HEART DISEASE
National Academy of Sciences (2), 1972
3 p. : single copy free : (P)

Discusses the risk factors associated with coronary heart disease, the major health problem in the U.S., followed by a list of five recommendations for lowering elevated plasma cholesterol.

CA0056
LET'S BE SOCIABLE
Best Foods (1), 1977
28 p. : single copy free : (GP)

Modified fat menus for entertaining.

CA0057
FOOD AND YOUR HEART
Health and Welfare Canada (4), [1977?]
[8] p. : free : (GP)

Discusses heart disease and prevention, the effect of food on the heart, fat consumption and ways to control it, salt reduction, and cholesterol.

CA0058
HYPERTENSION: U.S., 1974
(HRA 77-1250)
US DHEW (22), 1976
12 p. : single copy free : (P)

Contains population estimates for four hypertension status categories, by seven demographic characteristics.

CA0059
OFFICE VISITS TO CARDIOVASCULAR SPECIALISTS, NATIONAL AMBULATORY MEDICAL CARE SURVEY; U.S. 1975-76
(PHS 79-1250)
US DHEW (22), 1978
7 p. : single copy free : (P)

Survey exploring the provision and utilization of ambulatory care in the physician's office. The sample was selected from doctors of medicine and osteopathy who are principally engaged in office-based patient-care practice.

CA0060
DIET AND CORONARY HEART DISEASE
American Heart Association (1), 1978
7 p. : single copy free : (P)

Dietary adjustments recommended to aid in the control of serum lipids in man are discussed, based on findings which indicate that prevention of coronary heart disease is the primary means by which a reduction in morbidity and mortality will be realized.

CA0061
PREVENTION OF BACTERIAL ENDOCARDITIS
American Heart Association (1), 1977
7 p. : single copy free : (P)

Outlines dental procedures and upper respiratory tract surgical procedures, genitourinary tract and gastrointestinal tract surgery or instrumentation, cardiac surgery, and other indications for antibiotic prophylaxis to prevent endocarditis in susceptible patients.

CA0062
MEDICINE FOR THE LAYMAN - HEART ATTACKS (NIH 79-1803)
US DHEW (6), 1979
32 p. : free : (GP)

Discusses heart physiology, causes of heart attacks, surgery, and rehabilitation of the heart attack victim.

CA0063
YOUR HEART AND YOU
Arizona Department of Health Services, 1979
[6] p. : single copy free : (GP)

Discusses cardiovascular disease and its causes and lists things that can be done to prevent it. Brochure is available in Spanish as well as English.

CA0064
THE HEART SAVER EATING STYLE
Chicago Heart Association : American Heart Association (1) [distributor], 1977
40 p. : single copy free : (GP)

Discusses prevention, risk factors, types of fats, choosing foods, and changing eating styles.

CA0065
GOOD EATING TO GUARD YOUR HEART
British Columbia Ministry of Health, 1978
44 p. : $0.50 : (GP)

Booklet designed to help develop a "heart-guarder" eating style. Lists and discusses recommendations which can reduce the risk of cardiovascular disease. Includes menus, recipes, and food substitution lists.

CA0066
USA-USSR COLLABORATION IN CARDIOVASCULAR RESEARCH
(NIH 77-726)
US DHEW (6), 1976
[15] p. : single copy free : (P)

Discusses the agreement which represented the culmination of a long series of contracts and exchanges between medical scientists and physicians in the U.S. and U.S.S.R. Reflects a mutual desire for collaboration in areas of health research.

CA0067
TOTAL SERUM CHOLESTEROL VALUES OF YOUTHS 12-17 YEARS
(HRA 76-1638)
US DHEW (22), 1976
35 p. : single copy free : (P)

Serum cholesterol values are presented and discussed by age, sex, race, and socioeconomic level of youths 12-17 years of age in the U.S. 1966-70.

CA0068
TOTAL SERUM CHOLESTEROL LEVELS OF CHILDREN 4-17 YEARS
(PHS 78-1655)
US DHEW (22), 1978
38 p. : single copy free : (P)

Total serum cholesterol values of children 4-17 years of age are presented and discussed by age, sex, and race. Includes data from the Health and Nutrition Examination Survey, U.S. 1971-74.

CA0069
HEART DISEASE IN ADULTS
(HRA 76-1254)
US DHEW (22), 1976
43 p. : single copy free : (P)

A National Health Survey which summarizes the prevalence of heart disease in adults by total heart disease and by specific diagnosis.

CA0070
TOTAL SERUM CHOLESTEROL LEVELS OF ADULTS 18-74 YEARS
(PHS 78-1652)
US DHEW (22), 1978
31 p. : single copy free : (P)

Serum cholesterol values of adults 18-74 years of age in the U.S. are presented and discussed.

CA0071
TASK FORCE ON GENETIC FACTORS IN ATHEROSCLEROTIC DISEASE
(NIH 76-922)
US DHEW (6), 1976
241 p. : single copy free : (P)

Provides the background and documentation to implement a program of genetic investigations on a broader scale. Reviews what is known regarding the role of genetics in atherosclerotic diseases, indicates resources available, and identifies research priorities.

CA0072
EVALUATION OF THE DIET AND CARDIOVASCULAR DISEASE CAMPAIGN
Market Facts of Canada Ltd. : Health and Welfare Canada (4) or (1) [distributor], 1978
45 p. : single copy free : (P)

Indicates public attitudes toward, and awareness of, the relationship between diet and cardiovascular disease as well as the degree of public awareness of the promotional campaign conducted during February 1978.

CA0073
CORONARY HEART DISEASE: RISK FACTORS AND THE DIET DEBATE
(E063)
National Dairy Council, 1980
16 p. : $1.00 : (GP)

Reviews research identifying risk factors associated with the likelihood of developing coronary heart disease. The current status of scientific knowledge about specific components of the diet is presented and discussed for the layman.

CA0074
HANDBOOK FOR IMPROVING HIGH BLOOD PRESSURE CONTROL IN THE COMMUNITY
(NIH 78-1086)
US DHEW (6), 1978
105 p. : single copy free : (P)

Outlines steps in planning and implementing high blood pressure control activities.

CA0075
PROCEEDINGS OF THE CONFERENCE ON THE DECLINE IN CORONARY HEART DISEASE MORTALITY
(NIH 79-1610)
US DHEW (6), 1979
359 p. : single copy free : (P)

Addresses the nature of change in coronary heart disease, and possible causes for decline. Includes key issues and recommends strategies for further study.

CA0076
REPORT OF THE HYPERTENSION TASK FORCE
VOLUME 1: GENERAL SUMMARY AND RECOMMENDATIONS
(NIH 79-1623)
US DHEW (6), 1979
61 p. : single copy free : (P)

Presents general recommendations for the public. Contains a section on the public health aspects of hypertension history, objectives, and organization of the Task Force, and a list of all members and participants.

CA0077
REPORT OF THE HYPERTENSION TASK FORCE
VOLUME 2: SCIENTIFIC SUMMARY AND RECOMMENDATIONS
(NIH 79-1624)
US DHEW (6), 1979
149 p. : single copy free : (P)

Written for the biomedical community. This report presents general recommendations as well as summaries of scientific reports published in Volumes 2 through 9. Contains the history, objectives, and organization of the Task Force. Includes a list of all members and participants.

CA0078
SPONTANEOUS HYPERTENSION: ITS PATHOGENESIS AND COMPLICATIONS
(NIH 77-1179)
US DHEW (6), 1977
500 p. : single copy free : (P)

Consists of manuscripts discussing the use of "spontaneously" hypertensive rats which are a genetic model for the study of hypertension.

CA0079
WORKING GROUP ON HEART DISEASE AND EPIDEMIOLOGY
(NIH 79-1667)
US DHEW (6), 1979
69 p. : single copy free : (P)

The main purpose of this report is to indicate key areas of epidemiologic research needed to deepen understanding of today's major cardiovascular diseases.

CA0080
FATS AND ATHEROMA: AN INQUEST
by J. McNicheal
British Medical Journal : Dairy Bureau of Canada [distributor], 1979
[3] p. : single copy free : (P)

A reprint from the British Medical Journal discussing controversial topics related to diet and coronary heart disease.

CA0081
STATEMENT ON THE ROLE OF DIETARY MANAGEMENT IN HYPERTENSION CONTROL
US DHEW (7), 1979
3 p. : single copy free : (P)

A statement approved by the National High Blood Pressure Education Program Coordinating Committee. Topics discussed include body weight, sodium intake, and weight reduction. Recommended action steps are also given.

COMMUNITY HEALTH AND SCHOOL EDUCATION PROGRAMS (CE)

CE0001
THE SCHOOL BREAKFAST PROGRAM IN KANSAS
Kansas Child Nutrition Project, 1979
[23] p. : single copy free : (P)

Describes the economic effects of the School Breakfast Program in Kansas. Offers recommendations.

CE0002
EVERY CHILD'S RIGHT TO FOOD
Children's Rights Group, [1979?]
[34] p. : single copy free : (P)

A handbook on federally-funded child nutrition programs in the United States.

CE0003
NUTRITION EDUCATION WORKSHOPS IN EARLY CHILDHOOD, JULY 1971: NUTRITION EDUCATION, PROGRAM PLANNING AND CURRICULUM DEVELOPMENT
West Virginia Department of Education, 1972
92 p. : single copy free : (P)

Emphasizes to teachers the importance of proper nutrition.

CE0004
MANAGEMENT OF CHILDREN BY HEALTH PROFESSIONALS
edited by A. Healy and A. J. Norvak
The Univeristy of Iowa, [1977?]
46 p. : single copy free : (P)

Considers the common ethical, sociological, and legal concerns shared by pediatricians.

CE0005
YOUR RIGHTS IN THE FOOD STAMP PROGRAM
The Children's Foundation, 1980
[4] p. : single copy free : (GP)

Outlines rights in the application process, how a household eligibility is determined, and federal regulations which ensure that every food stamp office is run the same way.

CE0006
HEALTH EDUCATION REPORT - RECOMMENDED MANDATORY STUDENT OBJECTIVES FOR HEALTH EDUCATION IN ALBERTA SCHOOLS DIVISIONS I-III
Alberta Education, [1979?]
47 p. : single copy free : (GP)

An extensive review of existing health education programs in several Canadian and American schools.

CE0007
FIBERMAN MEETS COOKIE MONSTER
by Barbara A. Markesbery and Ellen W. Giest
Lexington-Fayette County Health Department, [1977?]
4 p. : single copy free : (P)

A script for a children's puppet show designed to increase awareness of the importance of fibre in the diet.

CE0008
GUIDELINES FOR SCHOOL FOOD PROGRAMS IN CANADA
Health and Welfare Canada (11) or (4), 1976
11 p. : single copy free : (P)

Guidelines prepared to support the efforts of school and health officials, community groups, and individuals across Canada to improve school food services.

CE0009
FREE AND REDUCED-PRICE MEAL AND FREE MILK POLICY HANDBOOK
(FA 1149)
USDA (2), 1978
22 p. : single copy free : (P)

Prepared as an aid in developing and implementing free and reduced-price policies. Includes a summary of USDA's administration.

CE0010
PROCEEDINGS OF NATIONAL EDUCATION CONFERENCE: YOUTH-NUTRITION-COMMUNITY
(Publication MP-1254)
USDA (3), 1873
115 p. : single copy free : (P)

Looks at the values, lifestyles, eating habits, social environments, and health of youth today.

CE0011
ANNUAL STATISTICAL REVIEW - FINAL REPORT - FOOD AND NUTRITION PROGRAMS - FISCAL YEAR 1975
(FNS-162)
USDA (2), 1977
144 p. : single copy free : (P)

Presents a statistical review of the various Child Nutrition and Family Food Assistance Programs in the United States.

CE0012
NUTRITION EDUCATION
British Department of Health and Social Security, [1978?]
30 p. : single copy free : (P)

Deals primarily with organizational matters involved with nutrition education.

CE0013
PTAC'S GUIDE TO QUALITY SCHOOL LUNCH AND BREAKFAST PROGRAMS
Food Research and Action Center, 1979
48 p. : $1.00 : (P)

Describes breakfast campaigns and discusses ways of improving meal quality.

CE0014
"ICE BREAKERS" NUTRITION EDUCATION PAPER-PENCIL GAMES
(FNS-120)
USDA (2), 1978
[14] p. : single copy free : (P)

Games designed to arouse interest and activation and create fun while focusing attention on the nutritional facts to be learned.

CE0015
FUN WITH GOOD FOODS
(FA-1204)
USDA (2), 1978
48 p. : single copy free : (P)

A booklet of activities developed to create an interest in learning about foods and nutrition. Designed for children.

CE0016
FRAC'S GUIDE TO THE FOOD STAMP PROGRAM
Food Research and Action Center, 1980
36 p. : $1.00 : (GP)

Explains the Food Stamp Program in a question and answer format.

CE0017
GUIDE TO WELFARE REFORM
Food Research and Action Center, 1979
88 p. : $3.00 : (GP)

A book raising the various issues which must be considered in reforming the welfare system.

CE0018
GUIDE TO NUTRITION EDUCATION GRADES 1-6
by A. E. Acierno and W. T. Sagan
Ohio State University (1), [1971?]
1V. (various paging) : single copy free : (P)

A manual set up in six sections each representing an individual grade level. Designed so that one can examine the appropriate grade level for activities to incorporate into the lesson plans.

CE0019
WORKING FOR WOMEN AND CHILDREN - THE WIC ORGANIZING GUIDE
The Children's Foundation, 1979
65 p. : $2.50 : (P)

A guide to making WIC (a nutrition program for women, infants and children) work in the community.

CE0020
NUTRITION EDUCATION IN PUBLIC ELEMENTARY SCHOOLS IN NEW YORK AND NEW JERSEY
(A.E. Res. 76-22)
by C. B. Cook, D. A. Eiler and E. C. Kaminska
Cornell University (3), 1976
47 p. : single copy free : (P)

Discusses the methodology used to gather data, characteristics of the sample, and the results of cross-sectional data on the implementation of nutrition education within the school environment.

CE0021
FOOD FOR THOUGHT - SCHOOL BREAKFAST
Pennsylvania Coalition on Food and Nutrition, [1980?]
54 p. : single copy free : (P)

A school breakfast campaign handbook outlining the need for the School Breakfast Program, what the Program is, and how it works. Includes menus, lists of resource materials, a speakers list, and a community poster.

CE0022
NUTRITION FILM "JENNY IS A GOOD THING" - READER'S DISCUSSION GUIDE
(CHDS 76-31014)
US DHEW (29), 1976
22 p. : single copy free : (P)

A leader's guide to the Head Start Program with a focus on the nutrition program. Outlines the things a good nutrition program depends on.

CE0023
OBSERVATIONS ON THE EVALUATION OF THE SPECIAL SUPPLEMENTAL FOOD PROGRAM, FOOD AND NUTRITION SERVICE
(HRD 75-310)
US General Accounting Office, 1975
48 p. : single copy free : (P)

Reports on the evaluation of the Special Supplemental Food Program administered by the Food and Nutrition Service, Department of Agriculture.

CE0024
AN EVALUATION OF THE FOOD TALK '78 PROGRAM
by L. McCabe and M. Thomas
Consumer and Corporate Affairs Canada (3), 1978
[48] p. : single copy free : (P)

Outlines a qualitative approach to assess the program and activity effectiveness, administrative efficiency, and a quantitative approach to assess consumer participation in activities.

CE0025
PROCEEDINGS OF NUTRITION EDUCATION CONFERENCE
The Pennsylvania State University : The Nutrition Foundation [distributor], 1974
102 p. : single copy free : (P)

Provides background information on innovative educational development in nutrition. Aims at establishing communication between academic nutrition scientists, health professionals, educators, personnel from the communications media, and social and behavioural scientists.

CE0026
STRAND IV. ENVIRONMENTAL AND COMMUNITY HEALTH - ECOLOGY AND HEALTH. GRADES 7, 8, AND 9
The University of the State of New York, 1970
38 p. : single copy free : (P)

Contains curriculum suggestions for teaching Strand IV to grades 7, 8, and 9.

CE0027
STRAND IV. ENVIRONMENTAL AND COMMUNITY HEALTH - ENVIRONMENTAL AND PUBLIC HEALTH. GRADES 7, 8, AND 9
The University of the State of New York, 1971
72 p. : single copy free : (P)

Contains curriculum suggestions for teaching Strand IV to grades 7, 8, and 9.

CE0028
STRAND I. PHYSICAL HEALTH - DISEASE PREVENTION AND CONTROL FOR GRADES 7, 8, AND 9
The University of the State of New York, 1970
17 p. : single copy free : (P)

Contains curriculum suggestions for teaching Strand I to grades 7, 8, and 9.

CE0029
STRAND I. PHYSICAL HEALTH - DISEASE PREVENTION AND CONTROL FOR GRADES 10, 11 AND 12
The University of the State of New York, 1969
27 p. : single copy free : (P)

Contains curriculum suggestions for teaching Strand I to grades 10, 11, and 12.

CE0030
STRAND I. PHYSICAL HEALTH DISEASE PREVENTION AND CONTROL FOR GRADES 4-6
The University of the State of New York, 1970
26 p. : single copy free : (P)

Contains curriculum suggestions for teaching Strand I to grades 4, 5,and 6.

CE0031
STRAND I. PHYSICAL HEALTH - DENTAL HEALTH FOR GRADES 7, 8, AND 9
The University of the State of New York, 1969
28 p. : single copy free : (P)

Concerned with dental health. Offers curriculum suggestions for an education program.

CE0032
STRAND I. PHYSICAL HEALTH - DENTAL HEALTH FOR GRADES 4-6
The University of the State of New York, [1971?]
23 p. : single copy free : (P)

Contains curriculum suggestions for teaching grades 4-6 about dental health.

CE0033
STRAND I. PHYSICAL HEALTH - DENTAL HEALTH FOR GRADES K-3
The University of the State of New York, [1971?]
16 p. : single copy free : (P)

Designed to provide knowledge and help develop habits necessary for a lifetime of good dental health.

CE0034
STRAND I. PHYSICAL HEALTH AND NUTRITION FOR GRADES 4-6
The Univeristy of the State of New York, 1969
57 p. : single copy free : (P)

A nutrition curriculum directed toward helping the intermediate student discover how food is related to health and growth.

CE0035
STRAND I. PHYSICAL HEALTH - HEALTH STATUS FOR GRADES 4-6
The University of the State of New York, 1969
24 p. : single copy free : (P)

Curriculum suggestions aimed at involving the school system in preventive measures and services which can improve the health status of Americans.

CE0036
STRAND I. PHYSICAL HEALTH - SENSORY PERCEPTION FOR GRADES 4, 5, AND 6
The University of the State of New York, 1970
31 p. : single copy free : (P)

Includes an outline of the fundamental concepts of the senses presented in a way that grades 4-6 can understand. Teaching aids, learning activities, and supplementary information are included.

CE0037
STRAND I. PHYSICAL HEALTH - SENSORY PERCEPTION FOR GRADES K-3
The University of the State of New York, [1971?]
19 p. : single copy free : (P)

Includes an outline of the fundamental concepts of the senses presented in a way that grades k-3 can understand. Teaching aids, learning activities, and supplementary information are included.

CE0038
STRAND IV. ENVIRONMENTAL AND COMMUNITY

HEALTH - ENVIRONMENTAL AND PUBLIC HEALTH FOR GRADES 10, 11 AND 12
The University of the State of New York, 1971
68 p. : single copy free : (P)

Contains curriculum suggestions for teaching Strand IV to grades 10, 11 and 12.

CE0039
YOUR FOOD - FINAL REPORT
Ohio State University (2), [1979?]
28 p. : $1.00 : (P)

Summarizes the work carried out under a special food policy project entitled "Your Food" during the period April, 1974 to April, 1978.

CE0040
YOUR FOOD: A FOOD POLICY BASEBOOK
Ohio State Univeristy (2), [1979?]
30 p. : $1.00 : (P)

Contains facts that provide a comprehensive view of the world food situation and food issues of current concern to United States citizens.

CE0041
YOUR FOOD: A SET OF SIX LEAFLETS
Ohio State University (2), [1979?]
IV. (various paging) : $1.00 : (GP)

These leaflets discuss food related issues for lay audiences. They are contained in a colourful jacket and are easy to read.

CE0042
THE RENAISSANCE OF NUTRITION EDUCATION
The Nutrition Foundation, 1977
[6] p. : single copy free : (P)

Shows evidence of a rebirth of activity in the science of nutrition and its application in medicine and the health sciences.

CE0043
SCHOOL BREAKFAST IN ALABAMA - A GUIDE TO THE PROGRAM
Alabama Coalition Against Hunger, 1980
33 p. : single copy free : (P)

Outlines what the School Breakfast Program is and how it is put into practice. Reviews the necessary food types and the importance of the program to school children. Suggests some healthy and tasty breakfasts and outlines Alabama's participation in the Program. Lists the Alabama public schools not in the Program.

CE0044
SCHOOL BREAKFAST ISSUES AND ANSWERS
The Children's Foundation, 1978
19 p. : $1.00 : (GP)

Provides suggested answers to anti-breakfast statements made by school breakfast opponents around the country. Covers a wide range of issues.

CE0045
SCHOOL BREAKFAST....GOOD FOOD FOR THOUGHT!
Maine Child Nutrition Project, [1979?]
[6] p. : single copy free : (GP)

Discusses importance of breakfast and what the School Breakfast Program stands for. Reviews who needs breakfast and how to implement the Program when there is a lack of facilities.

CE0046
NATIONAL SCHOOL BREAKFAST COALITION - ACTION PLAN FOR 1979
The Children's Foundation, 1979
ca. 50 p. : $1.50 : (P)

Focuses on combating President' Carter's proposed budget cuts in the Child Nutrition Program, the Food Stamp Program, and the Community Services Administration budget.

CE0047
YOUR RIGHTS IN THE SCHOOL BREAKFAST PROGRAM
The Children's Foundation, 1979
8 p. : single copy free : (GP)

Outlines who needs breakfast, what it consists of, eligibility to receive it, the cost, family income limits for free and reduced-price meals, what a school does if it cannot meet the cost, what the family and child's rights are, and how to organize for breakfast.

CE0048
THE SCHOOL BREAKFAST PROGRAM IN MAINE: A REPORT AND RECOMMENDATION
Maine Child Nutrition Project, 1979
31 p. : single copy free : (P)

Explains why Maine has an exceptionally low participation rate in the School Breakfast Program, why opposition exists, and what can be done to bring a greater share of federal reimbursement dollars into the state.

CE0048
SCHOOL BREAKFAST AND THE MAINE ECONOMY
Maine Child Nutrition Project, 1978
ca. 20 p. : single copy free : (P)

Describes the direct impact of the School Breakfast Program on the Maine economy. Shows how it creates jobs and increases business activity and personal income.

CE0050
SCHOOL BREAKFAST ACTION KIT
Wisconsin Nutrition Project, 1979
ca. 25 p. : single copy free : (P)

Designed to provide school breakfast advocates with the necessary tools for program expansion work in local school districts. Includes a compilation of worksheets upon which to shape a campaign.

CE0051
REPORT TO THE PEOPLE OF WISCONSIN ON THE SCHOOL BREAKFAST PROGRAM IN WISCONSIN
Wisconsin Nutrition Project, 1979
18 p. : single copy free : (P)

Addresses the questions of what accounts for low participation in the School Breakfast Program and what can be done to bring a greater share of federal school breakfast reimbursements to Wisconsin.

CE0052
HANDBOOK FOR VOLUNTEERS - CHILD NUTRITION PROGRAMS
(FNS-10)
USDA (2), 1972
16 p. : single copy free : (P)

Includes examples of what others have done, descriptions of the Child Nutrition Programs, and suggestions for community service projects.

CE0053
NUTRITION ACTION AWARDS
The Potato Board, [1979?]
ca. 30 p. : single copy free : (P)

Pays tribute to individuals and organizations for their involvement in outstanding nutrition education programs.

CE0054
NUTRITION EDUCATION IN CHILD FEEDING PROGRAMS IN THE DEVELOPING COUNTRIES
US Agency for International Development (1), [1978?]
44 p. : single copy free : (P)

Aimed at stimulating the development of nutrition teaching methods and materials adaptable to local conditions and needs.

CE0055
REPORT OF THE CONSULTATION ON NUTRITION EDUCATION THROUGH HEALTH CARE SYSTEMS
(NUT/78-3)
World Health Organization, [1978?]
22 p. : single copy free : (P)

Reviews the objectives of the World Health Organization. Looks at the possibility of improving nutrition education through the primary health care systems being adopted and adapted in many developing countries.

CE0056
NUTRIMETER - STUDENT'S GUIDE
(PB-1303)
USDA (1), 1975
5 p. : single copy free : (S)

Shows the student a method of checking their diet using a device called a Nutrimeter.

CE0057
PROMOTING COMMUNITY HEALTH
(ESA 75-5016)
US DHEW (17), 1975
60 p. : single copy free : (P)

Describes some of the ways the programs of the Bureau of Community Health Services deliver health care. Also describes some national trends in health needs as well as developments in infant mortality and expenditures for health care.

CE0058
THE CHILD CARE PROGRAM - UMBRELLA SPONSORSHIP FOR FAMILY DAY CARE HOMES
The Children's Foundation, 1978
8 p. : single copy free : (P)

Discusses what the program is and what an umbrella sponsorship is, the kinds of meals served, the rules for the program, family income limits for free and reduced-price meals, and the responsibilities of the umbrella and the family day care home. Includes a list of state offices and their addresses..

CE0059
A CHECKLIST FOR SUMMER FOOD
The Children's Foundation, 1979
8 p. : single copy free : (GP)

A factsheet intended to give participants and advocates a basic understanding of the Summer Food Program and what is expected of those involved.

CE0060
HOW THE FOOD STAMP PROGRAM WORKS
The Children's Foundation, 1980
[5] p. : single copy free : (GP)

Discusses what food stamps are and how the Program works.

CE0061
FOOD STAMP ALLOTMENTS CHART
The Children's Foundation, 1980
7 p. : single copy free : (GP)

A chart which helps to determine the number of food stamps a household will receive, based on food stamp income and number of people in the household.

CE0062
FOOD STAMP FAIR HEARINGS
The Children's Foundation, 1979
[9] p. : single copy free : (GP)

Discusses all aspects of the food stamp fair hearing that should be understood when applying for food stamps. Includes a list of other kinds of assistance available when presenting a case.

CE0063
A COMPLETE SUMMARY OF THE IOWA BREAKFAST STUDIES
Cereal Institute, Inc., 1976
63 p. : single copy free : (P)

A summary of twenty-three scientific papers reporting the results of the Breakfast Studies.

CE0064
WORKING PAPER ON SCHOOL FOOD SERVICES
Ontario Ministry of Health, 1976
11 p. : free : (P)

Presents recommendations which could be used to improve school food services. Provides tools for evaluating and improving school food services.

CE0065
HOW GOOD ARE SCHOOL LUNCHES?
(CED 78-22)
US General Accounting Office, 1978
25 p. : single copy free : (P)

Reviews the safety of lunches served, the nutritional shortages experienced, and the need for improved meal standards and better monitoring of meal services.

CE0066
THE NATIONAL SCHOOL LUNCH PROGRAM - IS IT WORKING?
(PAD 77-6)
US General Accounting Office, 1977
165 p. : single copy free : (P)

Describes what is known about the National School Lunch Program's effectiveness in achieving legislative objectives. Identifies shortcomings in both the evaluation and performance of the Program. Recommends specific actions for improving effectiveness and efficiency.

CE0067
GOOD BOOKS FOR A GOOD START: CHOOSING AND USING CHILDREN'S BOOKS IN DAY CARE
Health and Welfare Canada (3), 1978
34 c. : free : (GP)

Offers a description of well-written books for young children, from which the day care worker can select according to the capacities and interests of the particular group. A review of the benefits of reading to infants is included.

CE0068
CHANNELING HEALTH: A REVIEW OF THE EVALUATION OF TELEVISED HEALTH CAMPAIGNS
Rand Corporation : US Office of Science and Technology Policy [distributor], 1979
60 p. : single copy free : (P)

Reviews efforts to assess the effectiveness of television programs on changing health behavior. Discusses the several methodological problems and some potential means of surmounting them.

CE0069
ACADEMIC RELATIONSHIPS AND TEACHING RESOURCES
(NIH 76-880)
edited by D. W. Clark
US DHEW (11), 1976
144 p. : single copy free : (P)

Describes the interdependent relationships between schools of public health and departments of preventive/community medicine. Also discusses the content and objectives of undergraduate and graduate training.

CE0070
AN ANALYSIS OF SELECTED CURRICULUM GUIDES USED FOR NUTRITION EDUCATION IN GRADES K-12
(SNECH Monograph No. 1)
Society For Nutrition Education, 1976
67 p. : $6.00 : (P)

Analyzes the current status of nutrition education programs, grades K-12, in American schools.

CE0071
PRESCHOOL NUTRITION EDUCATION MONOGRAPH
(SNECH Monograph No. 3)
Society for Nutrition Education, 1978
48 p. : $5.00 : (P)

Articles on the food habits and nutrient intakes of preschool children, preschool nutrition education programs, reaching the parents of preschool children, and training for day care personnel. Includes resource lists.

CE0072
MAJOR FACTORS INHIBIT EXPANSION OF THE SCHOOL BREAKFAST PROGRAM
(CED 80-35)
US General Accounting Office, 1980
65 p. : single copy free : (P)

Discusses the slow expansion of the School Breakfast Program, efforts by the Congress and the Department of Agriculture to expand it, and the factors impeding its faster growth.

CE0073
CHILD CARE FOOD PROGRAM: BETTER MANAGEMENT WILL YIELD BETTER NUTRITION AND FISCAL INTEGRITY
(CED 80-91)
US General Accounting Office, 1980
64 p. : single copy free : (P)

Discusses the Department of Agriculture's administration of the Child Care Food Program.

CE0074
TOWARD AN EDUCATED HEALTH CONSUMER: MASS COMMUNICATION AND QUALITY IN MEDICAL CARE
(NIH 77-881)
by C. L. Marshall
US DHEW (11), 1977
63 p. : single copy free : (P)

Deals with health education and the current and potential effects of mass communication on the quality of medical care. Discusses growth of consumer movements, as well as technological advancements.

CE0075
EDUCATING THE PUBLIC ABOUT HEALTH: A PLANNING GUIDE
(HRA 78-14004)
US DHEW (20), 2078
114 p. : single copy free : (P)

Provides a comprehensive overview of major issues involved in educating the public about health with emphasis on methods and approaches designed to foster community participation in health planning.

CE0076
HEALTH PLANNING METHODS: AN INTERNATIONAL PERSPECTIVE
(HRA 79-14042)
US DHEW (20), 2079
117 p. : single copy free : (P)

Provides health planners with information on health planning methods. experiences of other countries.

CE0077
PROJECT HEAD START - SPEECH, LANGUAGE AND HEARING PROGRAM
(OHD 76-31025)
US DHEW (29), 1976
54 p. : single copy free : (P)

Discusses why the Head Start Program provides a unique opportunity for an early and effective approach to communication.

CE0078
PROJECT HEAD START - DAILY PROGRAM I
(OHD 76-31016)
US DHEW (29), 1976
36 p. : single copy free : (P)

Describes the general philosophy and specific daily planning for center-based programs.

CE0079
PROJECT HEAD START - RECRUITMENT AND SELECTION
US DHEW (29), [1975?]
28 p. : single copy free : (P)

Discusses the reasons for the Head Start Program and the various qualitites looked for in the staff. Outlines the system of recruiting employees for a child development center.

CE0080
PROJECT HEAD START - HEALTH SERVICES
(OCD 72-4)
US DHEW (29), 1972
72 p. : single copy free : (P)

Written to help Head Start directors, their health services directors and others to carry out a group of services that will meet the goals of Project Head Start Child Development Centers. Contains suggestions rather than formulas.

CE0081
PROJECT HEAD START - DAILY PROGRAM III
(CHD 76-31023)
US DHEW (29), 1976
96 p. : single copy free : (P)

Presents a program of educational activities and a broad, informal early childhood curriculum aimed at teachers of children under six.

CE0082
PROJECT HEAD START - DENTAL SERVICES
(OCD 73-1008)
US DHEW (29), 1973
36 p. : single copy free : (P)

A guide for dental health personnel to help them plan and carry out a series of services to meet the dental health goals of Project Head Start Development Centers.

CE0083
NUTRITION EDUCATION FOR YOUNG CHILDREN
(CHDS 76-31015)
US DHEW (29), 1976
47 p. : single copy free : (P)

Suggests ways for the teacher, the aide, or the parent to help children learn about food and establish good food habits.

CE0084
SUMMER FOOD SERVICE PROGRAM FOR CHILDREN: FOOD SERVICE MANAGEMENT COMPANY HANDBOOK
(FNS-178)
USDA (2), 1979
17 p. : single copy free : (P)

A guide for food service management companies or vendors participating in the Summer Food Service Program for children. Outlines how to provide quality food service in this Program.

CE0085
THE ROLE OF NUTRITION IN PUBLIC HEALTH: REPORT ON A WORKING GROUP
(ICP/NUT 003)
World Health Organization, 1977
31 p. : single copy free : (P)

Examines the present situation in the European region, giving special attention to the different situations encountered in both industrialized and developing areas.

CE0086
QUEBEC'S POLICY ON NUTRITION
Quebec Ministere des Affaires Sociales, 1977
69 p. : single copy free : (P)

Discusses the evolution of six poor eating habits and the high cost of treating diseases related to those habits. States the main reasons for establishing a policy on nutrition.

CE0087
A SURVEY OF HEALTH PROBLEMS, PRACTICES AND NEEDS OF YOUTH
by J. J. Sternlieb and L. Munan
Canadian Paediatric Society, 1972
[9] p. : single copy free : (P)

A study of the health needs of youth which looks at their health habits, health status, and the need for a special type of clinic.

CE0088
INFORMING THE PUBLIC ABOUT NUTRITION: FEDERAL AGENCIES SHOULD DO BETTER
(CED 78-75)
US General Accounting Office, 1978
81 p. : single copy free : (P)

Describes the activities of the Departments of Agriculture and Health, Education, and Welfare in the dissemination of nutrition information. Makes recommendations to each Department for improving coordination and evaluation procedures.

CE0089
FCCI...YOUR CHOICE, LEVELS 1, 2 AND 3 SUMMATIVE EVLAUATION
(Technical Report No. 98)
by B. Talmage
National Dairy Council, 1978
31 p. : single copy free : (P)

An evaluation of a nutrition learning system for kindergarten through grade six, produced by the National Dairy Council. The evaluation was done by the University of Illinois.

CE0090
INFORMATION PACKAGE ON SERVICES FOR THE AGED AND DISABLED IN THE N.W.T.
(HR50779N)
Government of the Northwest Territories, 1979
67 p. : single copy free : (P)

Educational and discussion material to inform communities of the wide range of services that can be developed. Also explains the needs such services will meet, how to assess individual and community needs, and how to develop a proposal for a service.

CE0091
A COMPREHENSIVE NUTRITION PROGRAM FOR THE NORTHWEST TERRITORIES
(EB901176N)
Government of the Northwest Territories, 1976
15 p. : single copy free : (P)

Designed to promote and improve nutrition habits in the Northwest Territories. Includes sections on factors influencing nutrition, recommended nutrition Program and services, and an outline of the directions of the Program.

CE0092
NUTRITION ACTION AT SCHOOL
Ontario Ministry of Health, 1979
51 p. : single copy free : (P)

Describes efforts undertaken by local health agencies to improve school food services in Ontario. A bibliography is also included in the paper.

CE0093
WORKING WITH FAMILIES THROUGH COOPERATIVE EXTENSION
by J. Fitchen, J. Hendrick, and M. Washbon
Cornell University (1), 1977
139 p. : $3.00 : (P)

Presents a new approach to working with nutrition problems in low-income situations. A problem-sorting approach is used to present para-nutritional and nutritional problems. Includes an annotated list of teaching resources. Spiral bound.

CE0094
NUTRITION: GETTING TO KNOW YOU BETTER
Saskatchewan Health, 1979
72 p. : $4.00 : (P)

A teaching manual for teachers of elementary school children. Discusses a framework for introducing nutrition to children in grade 4.

CE0095
NUTRITION: GETTING TO KNOW YOU BETTER
Saskatchewan Health, 1979
67 p. : $4.00 : (P)

A teaching manual for teachers of elementary school children. Discusses a conceptual framework for introducing nutrition to children in grade 5.

CE0096
NUTRITION: GETTING TO KNOW YOU BETTER
Saskatchewan Health, 1979
69 p. : $4.00 : (P)

A teaching manual for teachers of elementary school children. Discusses a conceptual framework for introducing nutrition to children in grade 6.

CE0097
INTRODUCING NUTRITION: KINDERGARTEN
Saskatchewan Health : Saskatchewan Department of Education [distributor], [1978?]
53 p. : single copy free : (P)

A teaching manual for teachers of elementary school children. Discusses conceptual framework for introducing nutrition - children in grades K - 3.

CE0098
INTRODUCING NUTRITION: DIVISION 1 YEAR I
Saskatchewan Health : Saskatchewan Department of Education [distributor], [1978?]
75 p. : single copy free : (P)

A teaching manual for teachers of elementary school children. Discusses a conceptual framework for introducing nutrition - children in grades K - 3.

CE0099
INTRODUCING NUTRITION: DIVISION 1 YEAR II
Saskatchewan Health : Saskatchewan Department of Education [distributor], [1978?]
73 p. : single copy free : (P)

A teaching manual for teachers of elementary school children. Discusses a conceptual framework for introducing nutrition - children in grades K - 3.

CE0100
INTRODUCING NUTRITION: DIVISION 1 YEAR III
Saskatchewan Health : Saskatchewan Department of Education [distributor], [1978?]
74 p. : single copy free : (P)

A teaching manual for teachers of elementary school children. Discusses a conceptual framework for introducing nutrition to children in grades K - 3.

CE0101
NUTRITION SERVICES INTEGRATED INTO COMMUNITY HEALTH CARE SYSTEMS - DEMONSTRATION RESEARCH PROJECT SUMMARY
by J. Rae
Nova Scotia Department of Health, 1976
32 p. : single copy free : (P)

This report presents an in-depth documentation of the contribution which nutrition services make to ambulatory and preventive health care, through its evaluation of models tailored for delivery of nutrition services within the community.

CE0102
NUTRITION EDUCATION: ROLE CALL
Health and Welfare Canada (4), [1979]
128 p. : single copy free : (P)

Proceedings of a conference which provided a forum for interaction among delegates from a variety of disciplines. Views were exchanged, and a task force formed, with representation from each sector, to look at the feasibility of establishing a national center for nutrition education.

CE0103
CHARACTERISTICS OF FOOD STAMP HOUSEHOLDS, SEPTEMBER 1976
(FNS-168)
USDA (2), 1977
ca. 200 p. : single copy free : (P)

A report presenting the findings of the second national survey of the characteristics of households participating in the Food Stamp Program of the USDA.

CE0104
COMMUNITY NUTRITION IN PREVENTIVE HEALTH CARE SERVICES
(HRA 78-14017)
DS DHEW (20), 2078
320 p. : single copy free : (P)

A report explaining the role of nutrition in preventive health care services. Included are an introduction to nutrition planning and critical reviews of 230 selected articles on community nutrition.

CE0105
OVERCOMING MALNUTRITION: PUTTING FEDERAL PROGRAMS TO WORK
by V. Fleming, S. Harvey and J. Keefer
The Children's Foundation, 1977
130 p. : $3.00 : (P)

A report on the First National WIC Symposium which includes a background to the symposium and excerpts from the speeches, workshop discussions and recommendations.

CE0106
MEALS ON WHEELS AND THE COMMUNITY: A RESOURCE BOOK
Community Care Services, 1978
98 p. : $12.00 : (P)

Ideas and guidelines for operating a "Meals on Wheels" Program are presented in a binder format.

CE0107
LEADERSHIP AND QUALITY ASSURANCE IN AMBULATORY HEALTH CARE: WHAT IS THE ROLE OF THE PUBLIC HEALTH NUTRITIONIST?
edited by E. Peck
University of California, 1978
154 p. : single copy free : (P)

Proceedings of a public health nutrition workshop.

CE0108
GUIDE FOR DEVELOPING NUTRITION SERVICES IN COMMUNITY HEALTH SERVICES
(ESA 78-5103)
DS DHEW (17), 1978
45 p. : single copy free : (P)

An authoritative resource for information about aspects of nutrition services such as planning services, major elements of a nutrition program, types of nutritional resources, and other areas.

CE0109
FOOD AND NUTRITION IN THE 1980'S
USDA (1), 1979
47 p. : single copy free : (P)

A report describing a comprehensive plan for implementing United States national food and human nutrition research, education, and information programs.

CE0110
REPORT ON NUTRITION CONCEPTS EVALUATION STUDY
Health and Welfare Canada (12), 1979
43 p. : single copy free : (P)

Results of a study conducted to evaluate the various concepts involved in nutrition education in terms of their perception and acceptance by the public.

CE0111
BARRIERS TO SCHOOL BREAKFAST
The Children's Foundation, 1978
97 p. : $3.00 : (P)

Discusses problems and prejudices involved in establishing School Breakfast Programs, and makes recommendations. Profiles of School Breakfast Programs in 10 states are given. Free to community groups who cannot afford the cost.

CE0112
NUTRITION EDUCATION K-6
Montana Office of Public Instruction, [197d?]
64 p. : single copy free : (P)

Lists suggested learning experiences for elementary teachers who desire to include nutrition education in their course outline. Includes worksheets, activity sheets, and resource lists.

CE0113
THE FOOD STAMP PROGRAM: INCOME OR FOOD SUPPLEMENTATION?
US Congressional Budget Office, 1977
91 p. : single copy free : (P)

A budget issue paper which analyzes various social programs. Reviews the development of the Food Stamp Program, how it meets its objectives, how it relates to other public assistance programs, and who receives food stamps.

CE0114
FEEDING CHILDREN: FEDERAL CHILD NUTRITION POLICIES IN THE 1980'S
US Congressional Budget Office, 1980
149 p. : single copy free : (P)

Reviews the various federal child nutrition programs and addresses the questions related to their effectiveness. Also discusses alternative proposals to address the nutritional problems of children.

CE0115
NUTRITION GAMES - LEADER'S GUIDE
Nova Scotia Department of Agriculture and Marketing, 1972
63 p. : single copy free : (P)

A manual of games explaining how to teach the food groups in Canada's Food Guide to children.

CE0116
ADOLESCENTS AND THEIR FOOD: CHANGES THROUGH NUTRITION EDUCATION AND SCHOOL LUNCH - REPORT NO. 1
by D. M. Anderson, J. E. Reddin, and H. C. Abell
University of Prince Edward Island, 1977
[41] p. : $3.00 : (P)

The first in a series of reports on adolescents and their food. Describes the findings and implications of a prelirinary survey conducted in May 1975.

CE0117
ADOLESCENTS AND THEIR FOOD: CHANGES THROUGH NUTRITION EDUCATION AND SCHOOL LUNCH - REPORT NO. 2
by J. E. Reddin, D. M. Anderson, and J. Kopachevsky
University of Prince Edward Island, 1978
[128] p. : $3.00 : (P)

The second in a series of reports on adolescents and their food. Describes the conceptual framework and methods used.

CE0118
ADOLESCENTS AND THEIR FOOD: CHANGES THROUGH NUTRITION EDUCATION AND SCHOOL LUNCH - REPORT NO. 3
by D. M. Anderson, J. E. Reddin, and H. C. Abell
University of Prince Edward Island, 1977
[64] p. : $3.00 : (P)

The third in a series of reports on adolescents and their food. Describes situational and behavioural characteristics of students.

CE0119
ADOLESCENTS AND THEIR FOOD: CHANGES THROUGH NUTRITION EDUCATION AND SCHOOL LUNCHES - REPORT NO. 4
by D. M. Anderson, J. E. Reddin, H. C. Abell, and N. E. Reddin
University of Prince Edward Island, 1978
[75] p. : $3.00 : (P)

The fourth in a series of reports on adolescents and their food. Describes socio-psychological characteristics, such as body image, peer group, and hunger.

CE0120
ADOLESCENTS AND THEIR FOOD: CHANGES THROUGH NUTRITION EDUCATION AND SCHOOL LUNCH - REPORT NO. 5
by J. E. Reddin, D. M. Anderson, and J. Kopachevsky
University of Prince Edward Island, 1979
[122] p. : $3.00 : (P)

The fifth in a series of reports on adolescents and their food. Discusses food preferences in light of educational measures and behavioral changes.

CE0121
ADOLESCENTS AND THEIR FOOD: CHANGES THROUGH NUTRITION EDUCATION AND SCHOOL LUNCH - REPORT NO. 6
by D. M. Anderson, J. E. Reddin,, N. E. Reddin, and H. C. Abell
University of Prince Edward Island, 1978
[98] p. : $3.00 : (P)

The sixth in a series of reports on adolescents and their food. Discusses the study findings in regard to attitudes towards food and nutrition.

CE0122
ADOLESCENTS AND THEIR FOOD: CHANGES THROUGH NUTRITION EDUCATION AND SCHOOL LUNCH - REPORT NO. 7
by D. M. Anderson, J. E. Reddin, and N. E. Reddin
University of Prince Edward Island, 1979
25 p. : $3.00 : (P)

The seventh in a series of reports on adolescents and their food. Discusses teachers attitudes and knowledge of food and nutrition.

CE0123
ADOLESCENTS AND THEIR FOOD: CHANGES THROUGH NUTRITION EDUCATION AND SCHOOL LUNCH - REPORT NO. 8
by D. M. Anderson, J. E. Reddin, and J. Kopachevsky
University of Prince Edward Island, 1979
[146] p. : $3.00 : (P)

The eighth in a series of reports on adolescents and their food. Discusses the level of nutrition knowledge as observed from the study findings. Also reviews the impact of nutrition education programs on nutrition knowledge.

CE0124
NUTRITION IN THE NEWS: A COMMUNICATIONS MANUAL
The Potato Board, [1980?]
34 p. : single copy free : (P)

Provides guidelines for improving nutrition communications and information with all the media channels available.

CE0125
NUTRITION IN THE PARK - A NUTRITION EDUCATION MANUAL FOR LEADERS
London Board of Education, 1980
257 p. : $10.00 : (P)

A manual outlining a nutrition education program carried out in a recreational setting. Incorporates nutrition into art, music, drama, crafts, and games.

CE0126
MINIMUM PROFICIENCY LEVELS FOR NUTRITION EDUCATION IN CALIFORNIA SCHOOLS
California State Department of Education, 1979
7 p. : single copy free : (P)

Minimum standards of performance in nutrition education are outlined to level of students.

CE0127
MODEL FOR A NUTRITION PROGRAM FOR THE ELDERLY
Arizona Department of Health Services, 1972
83 p. : single copy free : (P)

Suggestions are made for a model project to deliver nutrition and socialization services to the elderly.

CE0128
TEACHING THE YOUNG CHILD GOOD EATING HABITS FOR LIFE
Missouri Division of Health, 1971
37 p. : single copy free : (P)

Basic concepts and teaching ideas for nutrition education are presented, and a comprehensive list of resources and references are included.

CE0129
NUTRITION EDUCATION HANDBOOK FOR SOUTH CAROLINA SCHOOLS
South Carolina State Department of Education, 1970
19 p. : single copy free : (P)

This guide for teaching nutrition education incorporates basic facts which should be helpful in defining and formulating good food habits for children.

CE0130
HOW TO CONDUCT SUPPER CLUBS
by B. Manthei and B. Cavin
Woodgreen Community Center, 1979
47 p. : $1.50 : (P)

Describes how to organize a dining club for seniors or adults with group participation.

CE0131
HOW TO CONDUCT NUTRITION EDUCATIONALS
by B. Manthei and B. Cavin
Woodgreen Community Center, 1979
57 p. : $1.50 : (P)

Describes a series of food and nutrition demonstrations aimed at adults or the elderly.

CULTURAL FOOD PATTERNS (CP)

CP0001
VIETNAMESE IMMIGRANTS - SOME NUTRITIONAL CONSIDERATIONS
Ontario Ministry of Health, 1979
2 p. : free : (P)

Discusses lactose intolerance and food customs of Vietnamese immigrants.

CP0002
GETTING TO KNOW THE VIETNAMESE FOOD HABITS AND CULTURE
University of Minnesota, 1976
[8] p. : single copy free : (GP)

Discusses characteristics of the Vietnamese, food habits, and their traditional meals. A Vietnamese daily food guide is included.

CP0003
SHOPPING FOR FOOD IN CANADA
prepared by Food Talk '79
Consumer and Corporate Affairs Canada : Operation Lifeline [distributor], [1979]
[36] p. : free : (GP)

Includes shopping tips and a buying guide for fruits and vegetables in english, indochinese, and vietnamese.

CP0004
REFUGEES FROM INDO-CHINA - THEIR BACKGROUND
Ontario Ministry of Culture and Recreation (1), [1979?]
36 p. : free : (P)

Provides background information for those involved with Indo-Chinese refugees.

CP0005
SOURCES OF INFORMATION FOR INDO-CHINESE REFUGEE SETTLEMENT IN ONTARIO
Ontario Ministry of Culture and Recreation (1), [1979]
20 p. : free : (P)

Sources are listed for a wide range of information dealing with Indo-Chinese refugee settlement.

CP0006
FOOD PRACTICES OF SOME BLACK AMERICANS IN LOS ANGELES COUNTY
by V.B. Gladney
County of Los Angeles Department of Health Services, 1972
32 p. : single copy free : (P)

Prepared as an aid in helping public health professionals and others understand about foods, diets, and cooking methods of Afro-Americans from the South now living in Los Angeles County.

CP0007
HEALTH CHARACTERISTICS OF MINORITY GROUPS, U.S.
(PHS 78-1250)
US DHEW (22), 1978
8 p. : single copy free : (F)

Vital and health statistics of minority groups in the United States have been collected since 1957 by means of the Health Interview Survey.

CP0008
ONTARIO ETHNOCULTURAL PROFILES
Ontario Ministry of Culture and Recreation (1), [1979]
[80] p. : free : (GP)

Profiles of 40 ethnocultural groups. Characteristics of immigrants as well as present lifestyle of each group are discussed. References are included.

CP0009
A LIST OF SOME NON-MEAT OR VEGETARIAN PROTEIN SOURCES IN CANADA
Ontario Hospital Association, 1978
2 p. : single copy free : (F)

Lists protein foods under the headings of high biological value (complete protein), partially incomplete proteins, incomplete proteins, and samples of non-meat entrees. Provides names and addresses from which to purchase non-meat entrees.

CP0010
SAMPLE TOTAL VEGETARIAN MENUS AND RECIPES
Ontario Hospital Association, 1977
[9] p. : single copy free : (P)

Provides sample total vegetarian menus for three days. Includes recipes, each followed by a complete nutrient breakdown per serving.

CF0011
HOW TO PLAN AN ADEQUATE VEGETARIAN DIET
Ontario Hospital Association, 1977
[1] p. : single copy free : (P)

Lists recommendations for changing from a non-vegetarin diet to a lacto-ovo vegetarian diet and from a lacto-ovo vegetarian diet to a total vegetarian diet.

CF0012
WHITE PAPER
prepared by The Indian and Eskimo Child Health Committee
Canadian Paediatric Society, 1970
8 p. : single copy free : (P)

Briefly introduces the overall reasons for poor health and nutrition among the Indians and Eskimos. Lists six problems each followed by recommendations.

CF0013
MULTICULTURAL COOKBOOK
Agnes Taylor Home and School Association, 1980
[48] p. : 2.50 : (E)

Spiral bound, bold print cookbook consisting of recipes from around the globe.

CF0014
WHAT DID YOU HAVE FOR BREAKFAST THIS MORNING?
(E115)
National Dairy Council, 1966
12 p. : $0.60 : (P)

Explains food habits in various countries.

CF0015
VEGETARIAN NUTRITION
(E106)
National Dairy Council, 1979
[4] p. : $0.20 : (GP)

Explains types of vegetarian diets. Nutrients most likely to be inadequate, use of food groups, food exchanges, and nutrition labelling are covered.

CF0016
FOOD COMPOSITION TABLE FOR USE IN EAST ASIA
(NIH 79-465)
by W.W. Leung, R.R. Butrum, F.H. Chang, N. Rao and V. Polacchi
(NIH 79-465)
US DHEW (9) OR (18)
334 p. : single copy free : (P)

Provides food data information including proximate composition, calcium, phosphorous, iron, sodium, potassium, retinol, beta-carotene equivalent, thiamine, riboflavin, niacin, and ascorbic acid.

CF0017
FOOD COMPOSITION TABLE FOR USE IN AFRICA
by W. W. Leung
US DHEW (18), 1968
306 p. : single copy free : (P)

Includes data on 1,624 items from 14 different groups of foods eaten in Africa.

CF0018
PUERTO RICAN FOOD HABITS : A SOCIO-CULTURAL APPROACH
by Diva Sanjur
Cornell University (1), 1970
[200] p. : $3.00 : (P)

Includes discussion on food habits, highlights of Puerto Rican lifestyle and food habits, samples of Spanish recipes and teaching guides. Spiral bound.

CF0019
MUSK-OX MILK, PTARMIGAN PIE AND OTHER NORTHERN DELICACIES
(EB701376N)
Government of the Northwest Territories, 1976
442 p. : $12.00 : (P)

A resource manual for early childhood education. Materials which will encourage the use of nutritional northern foods are included.

CF0020
NORTHERN NUTRITION
(EB701157BB)
Government of the Northwest Territories, 1978
244 p. : $6.50 : (P)

A resource guide which includes nutrition information and nutrition education strategies for the Northwest Territories.

CF0021
GOURMET'S DELIGHT - INDIA
India Tourism Development : Government of India Tourist Corporation Office [distributor], 1977
[24] p. : single copy free : (GP)

Includes photographs and brief discussions of some of the many foods that make up such a diverse spectrum as that found in India.

CF0022
VEGETARIAN REVIEW
University of Toronto : The Nutrition Link [distributor], 1976
[6] p. : single copy free : (GP).

Provides good basic nutrition information with a brief discussion on combining incomplete protein sources to provide complete proteins. Includes sample menus.

CF0023
A GUIDE TO HEALTHFUL VEGETARIAN EATING
Royal Victoria Hospital, 1979
19 p. : $0.50 : (GP)

Intended to serve as a source of nutrition information for everyone, especially those who wish to follow a more prudent diet and/or those who wish to plan meals without meat, poultry, or fish.

CF0024
FOOD OF OUR FATHERS
Institute of Food Technologists
16 p. : $0.50 : (GP)

Outlines the history of meal patterns, eating customs, and regional variations. Discusses food preservation in early America, including the cold storage, drying, salting, pickling, and sugaring methods. Looks at the change and choice in today's life. Includes food price statistics and a reading list.

CF0025
OBSERVATION ON NUTRITION
by M. Stephenson
US DHEW (19), 1972
[4] p. : free : (P)

Discusses nutrition programs for native peoples on American reservations.

CF0026
LESSON 6: DRINK LESS ALCOHOL
Swanson Center for Nutrition, [197-?]
[14] : $2.23 : (GP)

A booklet describing the importance of decreased alcohol consumption for the diabetic Indian. Includes questions and answers, and illustrations by an Indian artist.

DEFICIENCIES/DISEASES/ TRAUMA (DD)

DD0001
MEDICINE FOR THE LAYMAN - CANCER TREATMENT
(NIH 80-1807)
US DHEW (3), 1979
32 p. : free : (GP)

Provides information on cancer treatment, cell growth in cancer and in normal tissues,new drugs, and new directions. Includes a question and answer section.

DD0002
TANGIER DISEASE (FAMILIAL HIGH DENSITY LIPOPROTEIN DEFICIENCY) - CLINICAL AND GENETIC FEATURES IN TWO ADULTS
by E. N. Hoffman and D. S. Fredrickson
The National Foundation - March of Dimes (2), 1965
[11] p. : single copy free : (P)

Describes two cases of Tangier disease, the first ever observed among adults. Provides new insight into the manifestations and course of this hereditary disease. Includes the results of plasma lipid and lipoprotein measurement.

DD0003
CHEDIAK-HIGASHI SYNDROME CYTOLOGIC AND SERUM LIPID OBSERVATIONS IN A CASE AND FAMILY
by R. A. Kritzler, J. T. Terner, J. Lindenbaum, J. Magidson, R. Williams, R. Preisig, and G. B. Phillips
The National Foundation - March of Dimes (2), 1964
[11] p. : single copy free : (P)

Summarizes reports on 32 cases of chediak-higashi syndrome. Records another case and draws conclusions from serum lipid and cytologic observations.

DD0004
1. PHENYLKETONURIC FAMILIES 2. NEWBORN PHENYLKETONURIA DETECTION PROGRAM IN MASSACHUSETTS 3. PHENYLKETONURIA
The National Foundation - March of Dimes (2), 1964
17 p. : single copy free : (P)

Three articles dealing with what phenylketonuria is, the test that is used to detect PKU in newborn infants and its results, and the heredity factor.

DD0005
GUIDE TO HUMAN CHROMOSOME DEFECTS
by A. Redding and K. Hirschhorn
The National Foundation - March of Dimes (2), 1968
16 p. : single copy free : (P)

Serves as an introduction to human cytogenetics. Directed at patients whose doctors have recommended they see a geneticist for chromosome studies and genetic counselling.

DD0006
HEREDITY OF GOUT AND HYPERURICEMIA
by E. S. Blumberg
The National Foundation - March of Dimes (2), 1965
11 p. : single copy free: (P)

Looks at the possiblilty that although familial clustering of a disease is consistent with a genetic etiology, there may be non-genetic causes for the disease.

DD0007
HYPERKALEMIC PARALYSIS (ADYNAMIA EPISODICA HEREDITARIA)
by B. Herman and M. K. McDowell
The National Foundation - March of Dimes (2), 1964
20 p. : single copy free : (P)

A report of four cases of hyperkalitic paralysis and the results of the clinical studies done on them.

DD0008
HOMOCYSTINURIA DUE TO CYSTATHIONINE SYNTHASE DEFICIENCY
by L. Laster, G. L. Spaeth, S. H. Mudd, and J. D. Finkelstein
The National Foundation - March of Dimes (2), 1965
26 p. : single copy free : (P)

A brief summary of current knowledge of the clinical aspects of homocystinuria.

DD0009
AMINOACIDURIA
by M. L. Efron
The National Foundation - March of Dimes (2), 1965
16 p. : single copy free : (P)

Classifies and reviews the aminoaciduria, particularly those due to hereditary disease.

DD0010
STUDIES IN CYSTIC FIBROSIS - A REPORT ON SIXTY-FIVE PATIENTS OVER 17 YEARS OF AGE
by H. Shwachman, L. L. Kulczycki, and K. T. Khow
The National Foundation - March of Dimes (2), 1965

10 p. : single copy free : (P)

Designed as a progress report on older patients who have been observed over many years.

DD0011
STUDIES IN CYSTIC FIBROSIS
by H. Schwachman, A. Redmond, and K. T. Khow
The National Foundation - March of Dimes (2), 1970
[8] p. : single copy free : (P)

A report of 130 patients, diagnosed under three months of age, over a 20 year period.

DD0012
CYSTIC FIBROSIS IN ADULTS
by S. M. Brusilow
The National Foundation - March of Dimes (2), 1970
[5] p. : single copy free : (P)

Provides information describing the clinical and laboratory characteristics of the adult with cystic fibrosis of the pancreas, as well as the heterozygous adult.

DD0013
STATE OF THE ART: CYSTIC FIBROSIS
by B. E. Wood, T. F. Boat, and C. F. Doershuk
The National Foundation - March of Dimes (2), 1976
[45] p. : single copy free : (P)

A review of the pathophysiology of cystic fibrosis, the clinical and pathologic manifestations, diagnosis, treatment, complications and their treatment, and the psychosocial aspects of the condition. Emphasizes aspects pertinent to older patients.

DD0014
COW MILK ALLERGY - LACTOSE INTOLERANCE
Ross Laboratories (3), 1977
21 p. : single copy free : (P)

Reviews the status and progress made in understanding the etiology, manifestations, course and treatment of this condition. Presented to facilitate management of milk allergic and lactose intolerant patients.

DD0015
ACUTE DIARRHEA IN INFANTS AND CHILDREN
Ross Laboratories (3), 1979
26 p. : single copy free : (P)

Examines etiology and pathogenesis of acute diarrhea with a view to substantiate the rationale for oral treatment.

DD0016
THE CARE OF CHILDREN WITH CHRONIC ILLNESSES
Ross Laboratories (2), 1975
96 p. : single copy free : (P)

Focuses on the research relating to children with chronic illnesses. Addresses the issue of how these children should be cared for so that their disabilities are minimized.

DD0017
GASTROESOPHAGEAL REFLUX
Ross Laboratories (2), 1979
129 p. : single : (P)

Contains an extensive review of the anatomy and physiology of the upper gastrointestinal tract and discusses current research on gastroesophageal reflux. Includes discussion on method of treatment and diagnosis.

DD0018
ETIOLOGY, PATHOPHYSIOLOGY AND TREATMENT OF ACUTE GASTROENTERITIS
Ross Laboratories (2), 1978
125 p. : single copy free : (P)

Covers the epidemiology, physiology, pathophysiology, diagnosis, and treatment of acute gastroenteristis.

DD0019
DIGESTIVE PROBLEMS WITHOUT DISEASE
Hoffman-La Roche Ltd. (3), 1975
[12] p. : single copy free : (GP)

Discusses the nature of digestive problems and the way in which they can be treated.

DD0020
LOVE HOPE AND CYSTIC FIBROSIS
Organon Pharmaceuticals, 1973
14 p. : single copy free : (S)

A booklet for children which emphasizes the importance of love and hope in coping with cystic fibrosis.

DD0021
DIETARY MODIFICATIONS IN DISEASE - CANCER
Ross Laboratories (2), 1979
16 p. : $1.25 : (P)

Reviews the possible factors in cancer development and the nutritional effects. Discusses the impact of the tumor on the host, the impact of treatment on the host, and the objectives of nutritional therapy. Outlines how to maintain and improve nutritional status.

DD0022
DIETARY MODIFICATIONS IN DISEASE - GASTROINTESTINAL DISEASES
Ross Laboratories (2), 1978
16 p. : $1.25 : (P)

Reviews normal gastrointestinal function. Explains maldigestion and the three most common conditions responsible for it. Outlines categories of disorders which may be responsible for malabsorption.

DD0023
DIETARY MODIFICATIONS IN DISEASE - RENAL DISEASE
Ross Laboratories (2), 1978
20 p. : $1.25 : (P)

Reviews the function of normal kidneys. Looks at acute, chronic, and end-stage renal failure and the basic dietary management of each. Outlines the use of glucose polymers. Includes a suggested meal pattern and recipes utilizing polycose.

DD0024
A CONSIDERATION OF LACTOSE INTOLERANCE
The Doyle Pharmaceutical Company,
[197-?]
9 p. : single copy free : (P)

Discusses the difference between lactose tolerance and intolerance. Outlines primary adult lactose deficiency. Includes references.

DD0025
THE GOURMET RENAL NUTRITION COOKBOOK
by Meredith C. Greene
Lennox Hill Hospital, 1980
85 p. : $9.00 : (P)

Contains a group of appetizing and varied recipes which are intended to be appropriate to the type of lifestyle experienced by people with renal insufficiency.

DDCC26
ONE MAN'S MEAT... IS ANOTHER'S POISON - FOOD ALLERGY BOOKLET
Saskatchewan Health, 1974
[25] p. : single copy free :; (GP)

Provides general information on allergy management including definition, causes, and diagnosis. Includes an example of a rotatory diet, a summary of resource organizations, personnel and materials, and lists of addresses, products and brand names.

DDCC27
ONE MAN'S MEAT... IS ANOTHER'S POISON - MILK ALLERGY AND LACTOSE INTOLERANCE
Saskatchewan Health, 1974
6 p. : single copy free : (GP)

Provides terminology identifying milk as an ingredient. Includes names and sources of milk-free products and suggestions for milk-free food preparation. Lists commercial foods containing milk. Also lists resource materials.

DDCC28
ONE MAN'S MEAT... IS ANOTHER'S POISON - EGG ALLERGY
Saskatchewan Health, 1974
5 p. : single copy free : (GP)

Provides terminology for identifying egg as an ingredient. Suggests how to cook without eggs by using substitutions. Lists names and sources of egg-free products as well as commercial products containing eggs. Includes a list of resource materials.

DDCC29
ONE MAN'S MEAT... IS ANOTHER'S POISON - GLUTEN INTOLERANCE
Saskatchewan Health, 1974
14 p. : single copy free : (P)

Simply explains gluten and diseases causing gluten intolerance. Includes terminology used to indicate gluten content. Lists gluten-free products and suggests how to use them in recipes. Provides resource lists.

DDCC30
ONE MAN'S MEAT... IS ANOTHER'S POISON - WHEAT ALLERGY
Saskatchewan Health, 1974
11 p. : single copy free : (GP)

Provides terminology indentifying wheat as an ingredient. Lists commercial products containing wheat. Includes lists of available wheat-free products in Saskatchewan as well as a resource material list.

DDCC31
GUIDELINES FOR THE ERADICATION OF VITAMIN A DEFICIENCY AND XEROPHTHALMIA
by L. M. De Luca, J. Glover, J. Heller, J. A. Olson, and B. Underwood
The Nutrition Foundation, [1978?]
44 p. : single copy free : (P)

The sixth task report of the International Vitamin A Consultative Group. Relates current understanding of the absorption, metabolism, and function of vitamin A to practical problems of vitamin A deficiency and strategies for minimizing it.

DDCC32
IRON DEFICIENCY IN INFANCY AND CHILDHOOD
The Nutrition Foundation, 1979
49 p. : single copy free : (P)

Reviews some of the characteristics of iron metabolism and nutrition in infants and children and discusses the application of this information to the prevention of iron deficiency.

DDCC33
GUIDELINES FOR THE ERADICATION OF IRON DEFICIENCY ANEMIA
The Nutrition Foundation, 1977
29 p. : single copy free : (P)

Provides background and guidance for designing effective public health programs aimed toward prevention and therapy of iron deficiency anemia.

DDCC34
DIETARY FAT AND CANCER TRENDS
by M. G. Enig, M. J. Munn, and Mark Keeney
Federation of American Societies for Experimental Biology : Dairy Bureau of Canada [distributor], 1978
[6] p. : free : (P)

Discusses the relationship of dietary fat and cancer. Attempts to exlain the positive correlation for vegetable fat and cancer mortality by looking at the trans-fatty acid component.

DDCC35
RELATIONSHIPS OF HUNGER AND MALNUTRITION TO LEARNING ABILITY AND BEHAVIOR
Florida Department of Citrus, 1979
23 p. : single copy free : (P)

A summary of the findings which conclude that hungry children have been shown to exhibit behavioral changes which may limit their response to learning opportunities.

DD0036
LACTOSE HYDROLIZED MILK
The American Society for Clinical Nutrition : Jan Distributing [distributor], 1975
[5] p. : free : (P)

Reports on a comparison of carbohydrate absorption in lactose tolerant and intolerant adolescents.

DD0037
ADD MILK TO YOUR GI SUSPECT LIST
Miller and Fink Corporation : Jan Distributing [distributor], 1976
[6] p. : free : (P)

Covers some of the new findings about lactose intolerance including the high prevalence of lactase deficiency among adults. Outlines the best methods for testing and the implications this enzyme deficiency may have.

DD0038
WINE AND MEDICAL PRACTICE - A SUMMARY
Wine Institute, 1979
74 p. : single copy free : (P)

Summarizes the most recent findings on the role of wine in medicine. Provides detailed applications for specific clinical conditions.

DD0039
SAREC REPORT - BIRTH-WEIGHT DISTRIBUTION - AN INDICATOR OF SOCIAL DEVELOPMENT - REPORT FROM A SAREC/WHO WORKSHOP
Swedish International Development Authority, 1978
95 p. : single copy free : (P)

Reviews the significance of birth-weight distribution as an indicator of health and overall socio-economic development. Analyzes the various factors affecting birth-weight distribution. Examines the effectiveness of programs orientated to improve birthweight distribution.

DD0040
DIET AND HYPERACTIVITY: ANY CONNECTION?
Institute of Food Technologists, 1976
6 p. : $0.50 : (P)

Defines the terms hyperactivity and hyperkinesis and outlines the Feingold hypothesis.

DD0041
SCIENTIFIC BACKGROUNDER - ALCOHOLISM
Vitamin Information Bureau, Inc., 1978
[14] p. : $1.00 : (P)

Discusses what causes alcoholism and whether or not it is an addiction. Outlines what alcohol does to the body in general and the nervous system in particular, how it alters nutrition, and what happens to the liver.

DD0042
BACKGROUND INFORMATION - MALABSORPTION
Vitamin Information Bureau, Inc., 1978
[17] p. : $1.00 : (P)

Reviews the malabsorption syndrome and its consequences. Discusses celiac disease, cystic fibrosis, whipple's disease, phenylketonuria, milk intolerance, and cystinuria. Considers the difficulty in diagnosis of malabsorption.

DD0043
FOOD AND DRUG INTERACTIONS
(FDA 78-3070)
US DHEW (2), 1978
[4] p. : free : (GP)

Briefly reviews the various possible reactions resulting from food-drug interactions.

DD0044
FOOD ALLERGY
(NIH 77-797)
US DHEW (8), [1977?]
[16] p. : single copy free : (GP)

Covers what an allergy is, which molds are allergenic, the use of mold counts and skin tests, mild allergy treatment, and allergy-related disorders. Discusses the need for research.

DD0045
FOOD ALLERGY
(NIH 75-533)
US DHEW (8), 1975
[6] p. : single copy free : (GP)

Discusses what an allergy is, what symptoms develop, what causes food reactions, and how allergies are diagnosed and treated. Stresses the need for research in the future.

DD0046
STATEMENT ON DIET, NUTRITION AND CANCER
US DHEW (3), 1979
11 p. : single copy free : (P)

Offers interim principles, based on incomplete evidence on the role of diet in the causation of cancer. Includes background information on dietary constitutents and their relation to cancer.

DDC047
IRON NUTRITURE IN ADOLESCENCE
(HSA 77-5100)
US DHEW (17), 1976
10 p. : single copy free : (P)

Provides current information about iron metabolism and factors influencing iron balance. Presents methods for identification of the state of iron nutrition. Includes recommendations and conclusions.

DDC048
BACKGROUND INFORMATION ON LACTOSE AND MILK INTOLERANCE
National Academy of Sciences (2), 1972
[4] p. : single copy free : (P)

Outlines what causes lactose intolerance, the prevalence of this condition on a world wide basis, what the clinical manifestations are, and how the condition is dealt with. Stresses the need for more research.

DDC049
OSTEOPOROSIS FACT SHEET
US DHEW (9), 1978
7 p. : single copy free : (GP)

Discusses what osteoporosis is and what causes it, what the symptoms are, and how it is diagnosed and treated. Outlines what can be done at present to prevent osteoporosis as well as the hopes for the future.

DDC050
ALCOHOL AND BIRTH DEFECTS
(FDA-1047)
by Fritz P. Witti
US DHEW (2), 1978
[4] p. : free : (GP)

Discusses the risk the pregnant woman takes if she consumes alcohol. Deals with the fetal alcohol syndrome.

DDC051
PEPTIC ULCER
(NIH 79-38)
US DHEW (9), 1978
[14] p. : single copy free : (GP)

Discusses what peptic ulcers are, how they are caused, what the symptoms are, how they are treated, and what complications may arise.

DDC052
THE BREAST CANCER DIGEST - A GUIDE TO MEDICAL CARE, EMOTIONAL SUPPORT, EDUCATIONAL PROGRAMS AND RESOURCES
(NIH 80-1691)
US DHEW (3), 1979
165 p. : single copy free : (P)

Attempts to present the information and resources needed to plan, develop, and implement appropriate educational programs for the general public and breast cancer patients.

DDC053
COLOR VISION DEFICIENCIES IN YOUTHS 12-17 YEARS OF AGE UNITED STATES
(HRA 74-1616)
US DHEW (22), 1974
34 p. : single copy free : (P)

Examines the prevalence of colour vision deficiencies, as identified on examination with various tests.

DDC054
COLOR VISION DEFICIENCIES IN CHILDREN - UNITED STATES
(HSM 73-1600)
US DHEW (22), 1972
34 p. : single copy free : (P)

Examines the prevalence of colour vision deficiencies, as identified on examination with the Ishihara Test and typed with the Hardy-Rand Rittler Test, among children of 6-11 years; by age, sex, race, family, income, and area of residence.

DDC055
DISEASES OF THE LIVER AND BILIARY TRACT, STANDARDIZATION OF NOMENCLATURE, DIAGNOSTIC CRITERIA, AND DIAGNOSTIC METHODOLOGY
(NIH 77-725)
US DHEW (11), 1977
212 p. : single copy free : (P)

Aimed at critically reviewing and evaluating techniques used to establish clinical, functional, morphologic, and etiologic criteria for diagnosis of diseases of the liver and biliary tract.

DDC056
THE ROLE OF DIET IN CANCER THERAPY
(Report No. 17)
US DHEW (14), 1975
[18] p. : single copy free : (P)

Presents recent studies concerning the pathogenesis and treatment of cancer cachexia, and recent findings on individual nutrients as they relate to cancer treatment or the activities of enzymes involved in the metabolism of cancer chemotherapeutic agents.

DD0057
CYSTIC FIBROSIS
(NIH 78-223)
US DHEW (9), 1978
[8] p. : single copy free : (P)

Defines cystic fibrosis and reviews its prevalence and symptoms. Outlines how it is detected and how it is treated.

DD0058
PROCEEDINGS OF THE 1968 DHEW CONFERENCE ON LIPIDS AND THE TURNOVER OF LIPIDS AND LIPOPROTEINS
by G. Cowgill, D. L. Estrich, and P. D. Wood
US DHEW (9), 1969
188 p. : single copy free : (P)

Looks at the morphological and ultrastructural aspects of lipoproteins, metabolism of lipids and lipoproteins, triglyceride and very low density lipoprotein turnover, cholesterol, cholesterol ester, phospholipid, and bile acid turnover.

DD0059
DIET MANAGEMENT OF PKU FOR INFANTS AND PRESCHOOL CHILDREN
(HSA 78-5209)
by F. E. Acosta and E. Wenz
US DHEW (17), 1978
30 p. : single copy free : (P)

Provides information to nutritionists and dietitans on methods of diet management for children treated for phenylketonuria.

DD0060
PKU AND THE SCHOOLS - INFORMATION FOR TEACHERS, ADMINISTRATORS AND OTHER SCHOOL PERSONNEL
(HSA 79-5233)
by B. A. Henderson, C. M. Trahms, and S. Berlow
US DHEW (17), 1979
[9] p. : single copy free : (P)

Provides information on the current understanding of phenylketonuria and identifies the psycho-educational implications of the condition. Provides suggestions to enable schools to educate children with PKU in accordance with the doctrine for the least restrictive environment.

DD0061
NEWBORN SCREENING FOR GENETIC - METABOLIC DISEASES - PROGRESS, PRINCIPLES AND RECOMMENDATIONS
(HSA 77-5207)
by Neil A. Holtzman
US DHEW (17), 1977
22 p. : single copy free : (P)

Reviews new developments related to PKU screening. Intended primarily for those involved in the organization and regulation of screening as a service.

DD0062
MANAGEMENT OF NEWBORN INFANTS WITH PKU
(HSA-79-5211)
US DHEW (17), 1979
35 p. : single copy free : (P)

Reviews current understanding of PKU, offers an approach to therapy, and provides guidelines for professionals in the health sciences.

DD0063
THE AMERICAN JOURNAL OF MEDICINE - SYMPOSIUM ON DRUG ACTION AND METABOLISM IN RENAL FAILURE
by A. L. Rubin, K. H. Stenzel, and M. M. Reidenberg
Dun-Donnelly Publishing Corp. : US DHEW (9) [distributor], 1977
ca. 100 p. : single copy free : (P)

Provides a conceptual framework for interpreting drug levels and drug responses in people with renal failure.

DD0064
IMMUNE RESPONSE OF THE MALNOURISHED CHILD
National Academy of Sciences (2), [197-?]
22 p. : single copy free : (P)

A position paper which presents a projection for future studies on interactions of nutrition and infection. Anticipates problems of comparability, coordination, and execution of these studies.

DD0065
CHEMOTHERAPY AND YOU
(NIH 78-1136)
by S. Golden, C. Horwich, and J. Lokich
US DHEW (3), 1978
[16] p. : single copy free : (GP)

Answers some of the questions cancer patients ask about chemotherapy. Helps in understanding and anticipating the specific effects of the drugs being used.

DD0066
DIGESTIVE DISEASES - RECENT RESEARCH ADVANCES, FUTURE OPPORTUNITIES AND NEEDS
(NIH 76-1073)
by S. Cole
US DHEW (9), 1976
23 p. : single copy free : (P)

A summary of the leading advances that have recently been made in digestive disease research, and the research opportunities that these advances offer.

DD0067
MALNUTRITION, LEARNING, AND BEHAVIOR
(NIH 76-1036)
by M. S. Read and D. F. Nelson
US DHEW (12), 1976
36 p. : single copy free : (P)

Focuses the attention of health workers and teachers on the developmental problems of half of the world's children who suffer from malnutrition.

DD0068
DIVERTICULOSIS AND DIVERTICULITIS
(NIH 76-1163)
US DHEW (9), 1976
[6] p. : single copy free : (P)

Discusses what diverticulosis and diverticulitis are. Outlines symptoms and treatment.

DD0069
DELIBERATIONS OF THE CANCER PATIENT EDUCATION WORKSHOP
US DHEW (3), 1979
[17] p. : single copy free : (P)

Provides suggestions for patient education program planners on the planning and implementing of health education programs for cancer patients.

DD0070
THIRD INTERNATIONAL CONFERENCE ON BONE MINERAL MEASUREMENT
edited by H. M. Mazess
US DHEW (9), 1976
ca. 50 p. : single copy free : (P)

Covers general methods used for bone mineral measurement, as well as image and area scanning. Looks at biomedical factors such as the results of normative studies, renal disease, osteoporosis, and various clinical conditions on bone mineral content.

DD0071
IDENTIFICATION AND MANAGEMENT OF SELECTED DEVELOPMENTAL DISABILITIES: A GUIDE FOR NURSES
(HSA 78-5280)
edited by F. F. Russell
US DHEW (17), 1978
35 p. : single copy free : (P)

Intended for people who have an interest in the care of children who are mentally retarded and/or developmentally disabled. Reviews current developments in the field of care including community nutrition and dietary modifications.

DD0072
HEMATOCRIT VALUES OF YOUTHS 12-17 YEARS - UNITED STATES
(HRA 75-1628)
US DHEW (22), 1975
40 p. : single copy free : (P)

Presents hematocrit values by age, sex, race, and socio-economic level of youths 12-17 years of age in the United States, 1966-70.

DD0073
CONFERENCE ON THE NUTRITIONAL ASPECTS OF UREMIA
edited by E. J. Lewis and J. W. Nagill
US DHEW (9), 1967
ca. 300 p. : single copy free : (P)

Discusses amino acid metabolism, lipid, carbohydrate and acid-base metabolism, clinical use of selected protein diets, and management of the uremic patient.

DD0074
VISION SCREENING OF THE PRESCHOOL CHILD
(PHS 2073)
by B. A. Savitz, B. B. Reed, and I. Valadian
US DHEW (17), 1970
70 p. : single copy free : (P)

Explains several visual functions with available procedures and clarifies abilities and preferences of young preschool children with respect to these procedures. Detects vision problems in the population studied.

DD0075
FIELD GUIDE TO THE DETECTION AND CONTROL OF XEROPHTHALMIA
by A. Sommer
World Health Organization : Helen Keller International [distributor], 1976
47 p. : single copy free : (P)

A simple, practical field guide for clinicians, nurses, and public health officials involved in the diagnosis, treatment, and prevention of xerophthalmia.

DD0076
ASSESSMENT OF THE PREVALENCE OF XEROPTHALMIA IN HAITI
by S. Toureau, A. Sommer, M. McEvoy Doty, and S. T. Pettiss
American Foundation for Overseas Blind : Helen Keller International
[distributor], 1976
51 p. : single copy free : (P)

Assesses the magnitude and severity of vitamin A deficiency on a countrywide basis.

DD0077
ASSESSMENT OF XEROPHTHALMIA AND THE MASS VITAMIN A PROPHYLAXIS PROGRAM IN EL SALVADOR
by A. Sommer
American Foundation for Overseas Blind : Helen Keller International
[distributor], [1974?]
46 p. : single copy free : (P)

An evaluation of the effectiveness of the mass vitamin A distribution program in El Salvador in reducing the incidence of vitamin A related corneal destruction among preschool-age children.

DD0078
AN EVALUATION OF THE VITAMIN A DEFICIENCY PREVENTION PILOT PROJECT IN INDONESIA
American Foundation for Overseas Blind : Helen Keller International
[distributor], 1975
51 p. : single copy free : (P)

Evaluates the results of the Vitamin A Deficiency Prevention Project. Looks at a clinical study which was designed to determine the biological effectiveness of vitamin A capsules in preventing xerophthalmia.

DD0079
EVALUATION OF A PROGRAM TO PREVENT XEROPHTHALMIA IN HAITI
by S. Toureau, L. Pizzarello, and S. E. Leone
Helen Keller International, 1979
99 p. : single copy free : (P)

Evaluation of the first three years of a program to prevent xerophthalmia. Provides background information on the survey and its objectives, methodology, and results. Includes footnotes and samples of the questionnaire and survey schedule.

DD0080
XEROPHTHALMIA PREVENTION IN THE PHILLIPPINES
American Foundation for Overseas Blind : Helen Keller International
[distributor], 1976
26 p. : single copy free : (P)

A report on a system for delivering high dose vitamin A capsules through a food distribution program for malnourished children.

DD0081
WHAT EVERYONE SHOULD KNOW ABOUT KIDNEYS AND KIDNEY DISEASES
National Kidney Foundation, 1975
15 p. : single copy free : (GP)

Discusses what kidneys are, what their function is, the types of diseases that can afflict them, the various forms of treatment, kidney transplatation, and the outlook for the future.

DD0082
YOUR CHILD AND HEMOPHILIA - A MANUAL FOR PARENTS
by E. F. Bittner
National Hemophilia Foundation, 1975
15 p. : single copy free : (P)

A reference manual of information for parents of a hemophiliac child.

DD0083
ORRIS ROOT - KARAYA GUM - FLAXSEED
Hollister-Stier Laboratories : Allergy Foundation of Canada [distributor], [197-?]
[1] p. : single copy free : (GP)

Describes each item and its relationship to allergies. Outlines various sources of contact.

DD0084
YEAST
Hollister-Stier Laboratories : Allergy Foundation of Canada [distributor], [197-?]
[1] p. : single copy free : (GP)

A brief description of common sources of contact.

DD0085
COTTONSEED
Hollister-Stier Laboratories : Allergy Foundation of Canada [distributor], [197-?]
[1] p. : single copy free : (GP)

A brief description of common contacts.

DDOC86
GLUTEN INTOLERANCE
Allergy Foundation of Canada, [197-?]
[2] p. : single copy free : (GP)

Briefly describes what gluten intolerance is. Lists names indicating the presence of gluten in the food. Provides lists of substitutes and describes their characteristics.

DDOC87
SOY BEAN
Hollister-Stier Laboratories : Allergy Foundation of Canada [distributor], [197-?]
[1] p. : single copy free : (GP)

A brief description of common contacts.

DDOC88
CORN
Allergy Foundation of Canada, [197-?]
[4] p. : single copy free : (GP)

Lists forms of corn, and modes of exposure to these forms. Provides suggestions for avoiding corn for the corn sensitive individual. Lists a wide array of foods containing refined corn and other corn products. Covers extensively the corn-free products available.

DDOC89
SOY FREE PRODUCTS LIST
Allergy Foundation of Canada, [197-?]
[2] p. : single copy free : (GP)

Lists the foods that contain soy. Gives sources of specific soy-free products.

DDOC90
DISEASES OF THE COLON AND RECTUM
(CP-367)
American Medical Association (3), 1976
[6] p. : $0.45 : (GP)

Briefly outlines the structure and function of the colon, the symptoms and signs of disease, diagnostic examinations, functional disorders of the colon and rectum, and surgery.

DDOC91
GALLBLADDER DISEASE
(P-350)
American Medical Association (3), 1976
[6] p. : $0.35 : (GP)

Discusses forms of treatment other than removal of the gallbladder. Describes the structure and function of the gallbladder.

DDOC92
PEPTIC ULCER
(CP-236)
American Medical Association (3), 1976
[6] p. : $0.35 : (GP)

Looks at peptic ulcers and what causes them. Reviews symptoms, management and treatment, and prevention of recurrences.

DDOC93
RADIOTHERAPY - INFORMATION AND HINTS FOR YOU
Ellis Fischel State Cancer Hospital, 1979
22 p. : single copy free : (GP)

Written for patients receiving radiation therapy to the head or neck area, the breast, chest, or the pelvis. Includes information on foods to avoid.

DDOC94
CHEMOTHERAPY
Ellis Fischel State Cancer Hospital, [1978?]
16 p. : single copy free : (GP)

Discusses chemotherapy and how it works. Explains side effects of the medicines as well as ways of dealing with these side effects.

DDOC95
AMERICAN CANCER SOCIETY - CANCER FACTS AND FIGURES 1980
American Cancer Society, 1979
31 p. : single copy free : (P)

Examines cancer trends, the prevalent types of cancer, public and professional education, current rehabilitation, and research. Includes charts and tables.

DDOC96
SENSITIVITY TO COW'S MILK
by D. C. Heiner, J. F. Wilson, and M. E. Lahey
American Medical Association (2), 1964
[6] p. : single copy free : (P)

Reviews the interfering factors in the study of sensitivity to cow's milk, such as individual variations in intestinal absorption of ingested proteins, the multiplicity of antigens present in milk, and variations in time required for clinical sensitivity to be recognized. Stresses the need for further studies and new techniques.

DDOC97
VITAMIN C FOR PROPHYLAXIS OF TYROSINEMIA IN THE NEWBORN
Canadain Paediatric Society, 1975
[1] p. : single copy free : (P)

Reviews the role of vitamin C in the reduction of the frequency and severity of tyrosinemia in newborn infants.

DD0098
AGGRAVATION OF INITIATION OF MEGALOBLASTOSIS BY AMINO ACIDS IN THE DIET.
by S. Waxman, J. Corcino, and V. Herbert
American Medical Association (2), 1970
[4] p. : single copy free : (P)

Outlines the clinical and biochemical effects of vitamin B12, folic acid, pyridoxine, and the dietary amino acids; methionine, homocysteine, serine, and glycine in megaloblastosis.

DD0099
HEREDITARY GALACTOSEMIA
by R. G. Hansen
American Medical Association (2), 1969
[6] p. : single copy freee : (P)

Defines what galactosemia is, the clirical and pathological aspects, and treatment. Reviews galactose metabolism.

DD0100
DISACCHARIDE INTOLERANCE
by A. Dahlquist
American Medical Association (2), 1966
[3] p. : single copy free : (P)

Discusses disaccharide intolerance, its occurrence, symptoms and diagnosis, and treatment.

DD0101
HOME CARE GUIDE FOR PATIENTS WITH HEAD AND NECK DISEASE
Wisconsin Clinical Cancer Center, 1978
8 p. : single copy free : (GP)

A guide to home rehabilitation care. Includes sections on oral hygiene and tube feeding.

DD0102
SOME FREQUENTLY ASKED QUESTIONS ABOUT ILEITIS AND COLITIS
Canadian Foundation for Ileitis and Colitis, [1979?]
[16] p. : free : (GP)

Explains what ileitis and colitis are, the diet and nutritional care involved, types of medications used, the complication during pregnancy, and the possible need for surgery.

DD0103
YOUR KIDNEYS - MASTER CHEMISTS OF THE BODY
National Kidney Foundation, 1979
23 p. : single copy free : (GP)

Attempts to explain in simple non-technical language what is known about the kidneys, diseases of the kidneys, and present day treatment.

DD0104
ACUTE GLOMERULONEPHRITIS
National Kidney Foundation, 1977
[4] p. : single copy free : (GP)

Describes what acute glomerulonephritis is, lists the symptoms, and Descusses treatment. Brielfy explains chronic glomerulonephritis.

DD0105
ABOUT KIDNEY STONES
National Kidney Foundation, 1978
[5] p. : single copy free : (GP)

Reviews what kidney stones are, how they form, the symptoms and diagnosis, and the treatment.

DD0106
PROCEEDINGS OF THE AMERICAN CANCER SOCIETY AND NATIONAL CANCER INSTITUTE NATIONAL CONFERENCE ON NUTRITION IN CANCER
American Cancer Society : National Cancer Institute of Canada [distributor], 1978
ca. 200 p. : single copy free : (P)

Covers nutritional management of the cancer patient, facts about food, future developments in diet, and nutritional factors in the cause and prevention of cancer.

DD0107
BEHAVIORAL EFFECTS OF ENERGY AND PROTEIN DEFICITS
(NIH 79-1906)
edited by J. Brozek
US DHEW (9), 1979
370 p. : single copy free : (P)

The proceedings of an international nutrition conference on the behavioral effects of energy and protein deficits. The subjects of the papers presented include rodent studies, subhuman primate studies, human studies, and research priorities for the future.

DDC108
PROBLEMS RELATING TO FEEDING IN THE FIRST TWO YEARS
Ross Laboratories (3), 1977
89 p. : single copy free : (P)

A selection of ten articles on many different types of feeding problems encountered in the first two years of life.

DDC109
TOWARD HEALTHFUL DIETS
National Academy of Sciences (2), 1980
24 p. : single copy free : (P)

A report on the relationships between diet and disease. Obesity, cardiovascular disease, hypertension, cancer, and diabetes are discussed.

DDC110
IMPACT OF INFECTION ON NUTRITIONAL STATUS OF THE HOST
National Academy of Sciences (2), 1977
363 p. : single copy free : (P)

The proceedings of a symposium on the impact of infection on the nutritional status of the host. The subjects of the papers presented include nutritional consequences of infection, energy-protein balances and responses, and nutritional intervention as a form of therapy.

DDC111
RESEARCH ON THE PATHOGENESIS OF CYSTIC FIBROSIS
edited P. A. Di Saint'Agnese
US DHEW (9), 1964
365 p. : single copy free : (P)

The proceedings of a conference on the pathogenesis of cystic fibrosis. The subjects of the papers presented include the secretory activity of exocrine glands and immuno-chemical activity of glycoproteins.

DDC112
MEGAVITAMIN THERAPY
Alberta Social Services and Community Health, 1976
131 p. : single copy free : (P)

A review of the current state of knowledge regarding the safety of prescribing massive doses of certain vitamins for the treatment of medical disorders.

DDC113
DIET, NUTRITION AND CANCER PROGRAM STATUS REPORT
(NIH 79-1992)
US DHEW (14), 1979
138 p. : single copy free : (P)

A report on the numerous research and educational programs sponsored by the DNCP in 1978. Includes scientific background and references on nutrition and cancer, a history of the DNCP, and plans for 1979.

DDC114
PROMOTING HEALTH PREVENTING DISEASE - OBJECTIVES FOR THE NATION
US DHEW (31), 1979
117 p. : single copy free : (P)

Reports on the general consensus of conference groups in 15 distinct disease prevention/health promotion areas.

DDC115
KNOW THE SIGNS AND SYMPTOMS OF XEROPHTHALMIA
Helen Keller International, [1978?]
[8] p. : $0.50 : (P)

Photographs and illustrations demonstrate the signs and symptoms of xerophthalmia through its progression from night blindness to total blindness.

DDC116
RENAL DISEASE AND HYPERTENSION - U.S. PUBLIC HEALTH SERVICE COOPERATIVE STUDY - VOLUME X
(HSM 74-2001)
US DHEW (32), 1974
117 p. : single copy free : (P)

Determines whether lowering of blood pressure by a combination therapy of chlorothizide and whole root rauvolfia is associated with reduction in the incidence of degenerative cardiovascular-renal complications and/or increased survival in patients with mild or moderate essential hypertension.

DDC117
RENAL DISEASE AND HYPERTENSION - U.S. PUBLIC HEALTH SERVICE COOPERATIVE STUDY - VOLUME IX
(HSM 73-2001)
US DHEW (32), 1972
83 p. : single copy free : (P)

Determines whether lowering of blood pressure by a combination of therapy of chlorothiazide and whole root rauvolfia is associated with reduction in the incidence of degenerative cardiovascular-renal complications and/or increased survival in patients with mild to moderate essential hypertension.

DENTAL HEALTH (DH)

DH0001
FLUORIDE-FIGHTING DECAY THE NATURAL WAY
Saskatchewan Health, [1979?]
[4] p. : single copy free : (GP)

Discusses the fluoride debate, outlining the benefits and negative effects. Statistics are included.

DH0002
FLUORIDE TO PROTECT YOUR CHILDREN'S TEETH
(NIH 79-1141)
US DHEW (4), 1979
[6] p. : single copy free : (GP)

Discusses community water fluoridation, school fluoridation, fluoride dentrifices, and professional application of topical fluorides.

DH0003
FLUORIDATION FACTS - ANSWERS QUESTIONS ABOUT FLUORIDATION
(No. 621)
American Dental Association (1), 1974
23 p. : single copy free : (GP)

This booklet summarizes some of the signifiant research which has been conducted concerning the fluoridation of public water supplies.

DH0004
NURSING BOTTLE MOUTH
(No. F 29)
American Dental Association (1), 1975
[4] p. : single copy free : (GP)

The dangers of regularly putting children to bed for naps or at night with a bottle filled with sugar based liquids are outlined.

DH0005
WHY WE RECOMMEND FLUORIDATION
(No. 62)
American Dental Association (1), 1979
[4] p. : single copy free : (GP)

A booklet describing fluoridation, its cost, and its value to the community.

DH0006
FLUORIDE HELPS PREVENT TOOTH DECAY
(No.09)
American Dental Association (1), 1979
[4] p. : single copy free : (GP)

Explains the value of fluoride applied to the teeth for the prevention of tooth decay. School fluoride mouthrinse programs are mentioned.

DH0007
NUTRITION AND DENTAL HEALTH
Nutrition Information and Resource Centre, 1979
[4] p. : single copy free : (GP)

Answers some common questions about the role of diet in the development of tooth decay.

DH0008
DIET AND DENTAL HEALTH
(No. F 12)
American Dental Association (1), 1975
10 p. : single copy free : (GP)

Discusses the importance of diet in maintaining good oral health.

DH0009
FLUORINE FACTS AND FALLACIES
Health League of Canada, [1979?]
[6] p. : single copy free : (GP)

A pamphlet opposing some of the arguments against fluoridation which have been made by various groups.

DH0010
DENTAL HEALTH GUIDE FOR TEACHERS AND PARENTS
Canadian Dental Association, [197-?]
[4] p. : single copy free : (GP)

Reviews the importance of good dental health. Discusses baby teeth, permanent teeth, tooth decay, and dental care.

DH0011
ARE YOU SELLING TOOTH DECAY?
(No. F 31)
American Dental Association (1), 1977
[6] p. : single copy free : (GP)

Looks at the many disadvantages of selling sugary foods in schools. Offers suggestions for a number of profitable, non-sugar options.

DH0012
GOOD TEETH FOR YOU AND YOUR BABY
(NIH 79-1255)
US DHEW (4), 1979
[16] p. : single copy free : (GP)

Discusses dental care for pregnant women and infants.

DH0013
FLUORIDATION AND CANCER
(No. 77-EHD-18)
Health and Welfare Canada (7), 1977
58 p. : single copy free : (P)

An analysis of Canadian drinking water flouridation and cancer mortality data.

DH0014
FLUORIDATION IN CANADA AS OF DECEMBER 31, 1976.
(No. 78-EHD-19)
Health and Welfare Canada (7), 1978
26 p. : single copy free : (P)

The report of a study aimed at determing how many people are drinking water containing fluoride at or near the level recommended for ensuring good dental health.

DH0015
WATER FLUORIDATION-THE SEARCH AND THE VICTORY
by F. J. McClure
US DHEW (4), 1970
302 p. : single copy free : (P)

Discusses the benefits and problems encountered by various levels of flucride in drinking water. Reviews alternate uses of fluoride and includes references for further reading.

DH0016
DENTAL SCIENCE HANDBOOK
(NIH 72-336)
US DHEW (4), 1972
311 p. : single copy free : (P)

A manual of information about dental science and dental practice prepared primarily for those in vocations other than dentistry.

DH0017
FOR GOOD DENTAL HEALTH, START EARLY
(EC41)
National Dairy Council, 1980
12 p. : $0.12 : (GP)

Describes ways in which parents can help their children achieve the best dental health possible.

DH0018
DO YOU?
(EC44)
National Dairy Council, 1977
2 p. : $0.05 : (E)

A pamphlet outlining the importance of dental care, and proper foods for dental health. A teacher/leader guide is included.

DH0019
HOW TEETH GROW
(EC52)
National Dairy Council, 1980
2 p. : $0.15 : (GP)

A sheet for expectant and new mothers which explains tooth development and discusses diet and dental health practices.

DH0020
HAVE A HAPPY HEALTHY SMILE!
(EC29)
National Dairy Council, 1977
2 p. : $0.05 : (S)

Reviews cleaning teeth, visiting the dentist and choosing food. A teaching guide is included.

DH0021
THE BABY BOTTLE SYNDROME-CAUSES AND PREVENTION
by J. Arthure and C.J. Mehlum
National Foundation for the Prevention of Oral Disease, Inc., [1979?]
[4] p. : sample free copy : (GP)

Discusses the problem of dental caries associated with putting infants to sleep with a bottle.

DH0022
RULES FOR DIET CONTROL OF BACTERIAL PLAQUE:THE CAUSE OF DENTAL DECAY AND GUM DISEASE
National Foundation for the Prevention of Oral Disease, Inc., [1979?]
[6] p. :sample copy free : (GP)

Lists various foods under one the following categories: plaque producers, non-plaque producers, and fairly slow plaque producers. Outlines in chart form the hidden sugar in various common foods.

DH0023
HI! WE'RE TOMMY AND TONY TEETH!
General Mills, Inc., (2), [1979?]
[4] p. : free : (E)

Colouring pictures which teach children the necessary steps of dental care while they colour.

DH0024
FLUORIDATION OR SUPPLEMENTS
Canadian Paediatric Society, 1971
[3] p. : single copy free : (P)

Discusses the use of both fluoridation and supplements and makes recommendations to communities where the water supply is low in fluoride.

DH0025
NUTRITION AND DENTAL DISEASE
(No. G 56)
American Dental Association (1), 1978
[4] p. : single copy free : (GP)

Briefly outlines the relationship between diet and oral health.

DH0026
KICK THE SWEET SNACK HABIT
(No. G 28)
American Dental Association (1), 1975
[2] p. : single copy free : (GP)

Very briefly illustrates how tooth decay develops. Lists good snack foods for dental health according to respective food groups.

DH0027
FLUORIDES = FEWER CAVITIES
Procter and Gamble, 1972
[4] p. : single copy free : (GP)

Outlines how fluorides strengthen teeth against decay. Proper dental care is illustrated.

DH0028
IS YOUR FAMILY MISSING OUT ON FLUORIDE PROTECTION?
Procter and Gamble, [1972?]
[4] p. : single copy free : (GP)

Outlines the benefits of fluorides and how they strengthen teeth against decay. Lists the dentist's rules for healthy teeth.

DH0029
FACTS ON FLUORIDE
Ontario Ministry of Health, [1978?]
[4] p. : single copy free : (GP)

Lists the facts about fluorides, and outlines how it works on the teeth.

DH0030
DATING THE DENTIST
Ontario Ministry of Health, [1978?]
[8] p. : single copy free : (GP)

Discusses the importance of starting regular dental care in the child's life. Lists the responsibilities of the dentist, the mother, and the child.

DH0031
THE FAMILY SMILE PLAN - NUTRITION AND DENTAL HEALTH
Manitoba Department of Health and Community Sevices, 1977
24 p. : single copy free : (GP)

Provides information on nutrition and dental health. Attempts to educate parents who will then have the necessary knowledge and awareness needed to prevent poor eating habits in children or change these habits already formed.

DH0032
CONFERENCE ON FOODS, NUTRITION AND DENTAL HEALTH: ROLE OF SUGAR AND OTHER FOODS IN DENTAL CARIES WHAT CAN INDUSTRY DO?
American Dental Association (2), 1978
243 p. : single copy free : (P)

Discusses the probable relationship between sugar consumption and dental caries. Attempts to foster improved understanding between the food industry, dental researchers, and regulatory agencies.

DH0033
FLUORIDATION STATUS OF MAJOR U.S. CITIES
American Dental Association (2), 1978
[2] p. : single copy free : (P)

Lists U.S. cities and the date that fluoridation was initiated. Also lists cities that are fluoride-deficient, Includes states with laws requiring fluoridation.

DH0034
POLICIES ON SALE OF SUGAR-RICH PRODUCTS IN SCHOOLS
American Dental Association (2), 1977
[2] p. : single copy free : (P)

Reviews the reasons for developing policies on the sale of sugar-rich foods in schools.

DH0035
PRESIDENT CARTER EXPRESSES SUPPORT FOR FLUORIDATION
American Dental Association (2), [1978?]
1 p. : single copy free : (P)

In this statement, President Carter reaffirms his support of fluoridation as a safe and effective public health measure and promises the support of his administration.

DH0036
ENVIORMENTAL PROTECTION AGENCY SUPPORTS FLUORIDATION
American Dental Association (2), [1978?]
1 p. : single copy free : (P)

Establishes support of fluoridation and states that the level of fluoride in drinking water cannot be considered a form of pollution.

DHCC37
AMERICAN DENTAL ASSOCIATION SUPPORTS FLUORIDATION
American Dental Association (2), 1977
[2] p. : single copy free : (P)

Considers fluoridation a safe, economic method of preventing tooth decay based on continuing evaluation of research regarding its use.

DHCC38
IS IT A SCHOOL OR A CANDY STORE? IMPLEMENTING A SCHOOL CONFECTION BAN
American Dental Association (2), 1978
ca. 40 : single copy free : (P)

Reviews the relationship of diet to dental caries.

DH0039
DIET IN THE 70'S : INITIATIVES FOR NUTRITION AND DENTAL HEALTH
American Dental Association (2), 1977
ca. 35 p. : single copy free : (P)

Discusses the relationship between food advertising and cavities, a dentist's perspective of what should be eaten, what the dental profession can do about consumer education and the banning of confections in schools. Outlines new research being done.

DHCC40
CHANGING PERSPECTIVE IN NUTRITION AND CARIES RESEARCH
Medcom, Inc., 1979
52 p. : single copy free : (P)

Designed to increase awareness of some of the ways in which scientists are approaching the problem associated with nutrition and caries.

DHCC41
A STATEMENT ON THE QUESTION OF ALLERGY TO FLUORIDE AS USED IN FLUORIDATION OF COMMUNITY WATER SUPPLIES.
American Academy of Allergy : American Dental Association (2) [distributor], 1971
[2] p. : single copy free : (P)

Evaluates the question of allergy to fluoride as used in the fluoridation of community water supplies. Includes a review of clinical reports of allergy to fluoride.

DHCC42
PUBLIC MESSAGE ON SUGAR AND DENTAL HEALTH
American Dental Association (2), 1976
1 p. : single copy free : (P)

Outlines the harm caused by the present high-sugar diet in America and suggests ways to protect dental health.

DHCC43
AMERICAN DENTAL ASSOCIATION POLICIES ON NUTRITION AND DIET
American Dental Association (2), [1978?]
3 p. : single copy free : (P)

Reviews the policies of the American Dental Association on the elimination of sweet foods in school cafeterias.

DHCC44
T.V.'S EFFECT ON NUTRITION
American Dental Association (2), 1973
[6] p. : single copy free : (P)

Discusses the effects of T.V. advertising of high-sugar foods on dental disease.

DH0045
CHILDREN'S ADVERTISING RULEMAKING COMMENT
American Dental Association (2), 1978
4 p. : single copy free : (P)

A statement by the American Dental Association on the issue of television advertising of sugar-rich products.

DHCC46
29th NATIONAL HEALTH CONFERENCE
American Dental Association (2), 1979
121 p. : single copy free : (P)

Discusses fluoridation, regulatory needs, quality assurance, and the role of diet in dental health.

DHCC47
PREVENTION AND ORAL HEALTH (NIH 74-707)
US DHEW (11), 1973
edited by J. P. Carlos
90 p. : single copy free : (P)

A monograph on the prevention of oral disease. The topics of the papers presented include nature and impact of oral disease, currently available preventive methods, and delivery of preventive methods to the public.

DHCC48
CARE OF YOUR TEETH
Nutrition Information and Resource Centre, 1979
[4] p. : single copy free : (GP)

Outlines with illustrations how to floss and brush the teeth. Answers questions on fluoride.

DIABETES (DM)

DM0001
DIABETES MELLITUS
by J. V. Neel, S. S. Fajans, J. W. Conn, and R. T. Davidson
The National Foundation - March of Dimes (2), [1965?]
14 p. : single copy free : (P)

An investigation which attempts to classify some of the impediments to a precise genetic study.

DM0002
THE PREDIABETIC STATE AND THE PATHOLOGICAL PHYSIOLGICAL PHYSIOLOGY OF MICROANGIOPATHY IN DIABETES
by E. F. Pfeiffer, R. Ziegler, A. Marble and S. B. Rees
The National Foundation - March of Dimes (2), [1965?]
17 p. : single copy free : (P)

Defines the "prediabetic state", its signs and where it belongs in the classification of diabetes mellitus. Discusses microangiopathy in diabetes outlining clinical findings and basic pathology, and etiology.

DMCC03
EXCHANGE LISTS FOR MEAL PLANNING
Twin Cities Diabetes Association, 1977
[4] p. : free : (GP)

Outlines the specific changes made within each exchange group of the American diabetic exchange list and the reasons for these revisions.

DMCC04
LET'S TALK ABOUT INSULIN
Connaught Laboratories Ltd., 1978
[28] p. : free : (GP)

Attempts to help a diabetic taking insulin understand the nature of the preparations. Also provides a brief history of insulin, helpful hints regarding insulin, and answers to some of the questions most often asked by insulin-taking diabetics.

DMCC05
PARENT TO PARENT - BABIES WITH DIABETES
Juvenile Diabetes Foundation : Juvenile Diabetes Research Foundation [distributor], [1977?]
[8] p. : single copy free : (GP)

Provides information regarding the special problems experienced by the parents of a baby who has diabetes.

DM0006
WHAT YOU SHOULD KNOW ABOUT JUVENILE DIABETES
Juvenile Diabetes Foundation : Juvenile Diabetes Research Foundation [distributor], [1979?]
[10] p. : single copy free : (GP)

Discusses diabetes and its symptoms, juvenile diabetes and its various problems, precautions the person with juvenile diabetes must take, and what the future holds for the diabetic.

DMCC07
WHAT YOU SHOULD KNOW ABOUT THE STUDENT WITH DIABETES
Juvenile Diabetes Foundation, [1979?]
[6] p. : single copy free : (GP)

Briefly defines diabetes and insulin reactions, outlines the symptoms of insulin reaction, and explains urine testing.

DMCC08
HOW DO YOU KNOW THAT YOU DON'T HAVE DIABETES?
Canadian Diabetes Association (1), [1979?]
[4] p. : free : (GP)

Lists symptoms everyone should be aware of since anyone, at any age, can develop diabetes.

DM0009
PARENT TO PARENT
Juvenile Diabetes Foundation : Juvenile Diabetes Research Foundation [distributor], [1979?]
[6] p. : single copy free : (GP)

Provides some new thoughts regarding the problems associated with juvenile diabetes.

DM0010
HAVING CHILDREN ... A GUIDE FOR THE DIABETIC WOMAN
by B. Ausknecht
Juvenile Diabetes Foundation : Juvenile Diabetes Research Foundation [distributor], [1978?]
12 p. : single copy free : (GP)

Provides information which will allow a diabetic to give proper consideration to understanding what a diabetic pregnancy involves - before, during, and after.

DM0011
PLAIN TALK FOR PARENTS OF DIABETIC CHILDREN
Ames Division, Miles Laboratories, Inc., 1976
27 p. : $0.25 : (GP)

Answers questions regarding the nature of diabetes, its effect on the child's day-to-day life, and what the parent can do to ensure a normal child hood.

DM0012
WHAT YOU SHOULD KNOW ABOUT INSULIN
by C. Nechemias and N. L. Smith
Juvenile Diabetes Foundation : Juvenile Diabetes Research Foundation [distributor], [1979?]
12 p. : single copy free : (GP)

Outlines some of the basic facts about insulin. Discusses insulin reaction and how to deal with its occurrence.

DM0013
INSTRUCTIONS TO TEACHERS OF DIABETIC CHILDREN
Canadian Diabetes Association (1), [1965?]
[3] p. : free : (P)

Lists 10 suggestions to aid the teacher who has a diabetic child in the class.

DM0014
DIETETIC FOODS: A COMMON SENSE APPROACH
by J. Eno
Canadian Diabetes Association (1), 1979
[8] p. : free : (GP)

Reviews the types of dietetic foods and sweeteners, and their exchange values. Discusses the term "dietetic" as it relates to "diabetic".

DM0015
EATING OUT AND AT HOME
Canadian Diabetes Association (1), [1975?]
22 p. : free : (GP)

Provides instructions for the diabetic who is eating in restaurants. Also discusses general diet.

DM0016
ALCOHOL AND DIABETES DO THEY MIX
by J. Eno and M. Hollands
Canadian Diabetes Association (1), [1976?]
[4] p. : free : (GP)

Looks at whether or not a diabetic can consume alcohol.

DM0017
DIABETES DOES HAVE COMPLICATIONS
Canadian Diabetes Association (1), [1977?]
3 p. : free : (GP)

Discusses the possible health complications which can arise from the diabetic condition.

DM0018
DIABETES AND CARDIOVASCULAR DISEASE (NIH 77-1212)
US DHEW (6), 1977
11 p. : free : (GP)

Answers some basic questions and provides some hope for the prospects of preventing the cardiovascular complications of diabetes.

DM0019
FOOD EXCHANGES USING NUTRITION LABELING
The Pillsbury Company, [1979?]
1 p. : single copy free : (GP)

Shows a diabetic how to use nutrition labelling to work out food exchanges. American food exchanges are used.

DM0020
THE JDF EMERGENCY CARD
Juvenile Diabetes Foundation : Juvenile Diabetes Research Foundation [distributor], [1977?]
[2] p. : single copy free : (GP)

Information about diabetes to assist in increasing parental understanding of this condition.

DM0021
DIABETES MELLITUS: SYSTEMS OF CONTROL
by S. L. Hanson
Monoject, [1978?]
[8] p. : free : (P)

Discusses the need for diabetic control, methods of control, and ways the pharmacist can assist the diabetic in the community. Answers questions the diabetic may have about medications and techniques of administering them.

DM0022
PREGNANCY AND DIABETES
Canadian Diabetes Association (1), 1978
[2] p. : free : (GP)

Looks at the coexistence of diabetes and pregnancy and the chance for a successful outcome.

DM0023
SO YOU HAVE DIABETES
New Hampshire Department of Health and Welfare, 1977
53 p. : single copy free : (GP)

Discusses personal hygiene and good physical health and how these go hand in hand with diet and medication.

DM0024
CONNAUGHT INSULINS - CHARACTERISTICS OF INSULIN PREPARATIONS
Connaught Laboratories, Ltd., [1979?]
[2] p. : free : (GP)

Plastic card showing the characteristics of each of the insulin preparations. Sites of insulin injections are also shown.

DM0025
DIABETES DATA: COMPILED 1977
(NIH 79-1468)
DS DHEW (24), 1979
119 p. : single copy free : (P)

A compilation of statistics on diabetes. Prevalence, morbidity, socioeconomic costs, and funding are covered.

DM0026
DON'T BE AFRAID OF DIABETES
E. R. Squibb and Sons Ltd., 1978
27 p. : single copy free : (GP)

A handbook for diabetics aimed at helping them achieve better control of their condition. Discusses what diabetes is, how to stay healthy, insulin, dangers to guard against, and home tests for urine sugar and ketones. Includes a section on special rules.

DM0027
VACATIONING WITH DIABETES NOT FROM DIABETES
E. R. Squibb and Sons Ltd., 1978
19 p. : single copy free : (GP)

Outlines the rules of good diabetic management for the diabetic traveller. Includes a traveller's checklist.

DM0028
DIABETIC DIGEST
Ames Division, Miles Laboratories, Inc., [1978?]
31 p. : free : (GP)

A booklet which serves as a convenient reference for the diabetic, outlining diet information, exercise and sports, testing urine, medication, reactions, complications, travel precautions, foot care, desirable weight, and services offered by the Canadian Dietetic Association.

DM0029
DAILY DIARY
Ames Division, Miles Laboratories, Inc. 1979
ca. 50 p. : free : (GP)

This serves as an important check on diabetic control. It is handy for recording the date and time of each test, dates the diabetic didn't feel well, times he strayed from the diet, underwent strenuous exercise, etc.

DM0030
KETONES AND KETONE TESTING
Ames Division, Miles Laboratories, Inc., 1978
[4] p. : free : (GP)

Defines ketone bodies, and discusses how to prevent ketoacidosis and how to test for ketones.

DM0031
OFFICE VISITS FOR DIABETES MELLITUS, NATIONAL AMBULATORY MEDICAL CARE SURVEY: U.S. 1977
(PHS 79-1250)
DS DHEW (22), 1980
8 p. : single copy free : (P)

Provides a record of utilization patterns for American diabetic patients as well as various national prevalence estimates of diabetes by demographic and socioeconomic status variables.

DM0032
HOME TESTING FOR THE DIABETIC
Ames Division, Miles Laboratories, Inc., 1979
35 p. : single copy free : (P)

An instructional aid for diabetic educators in Canada aimed at increasing understanding of the various urine tests used for monitoring diabetes control.

DM0033
DIABETES MELLITUS COORDINATING COMMITTEE - FIFTH ANNUAL REPORT TO THE DIRECTOR
(NIH 79-1956)
DS DHEW (24), 1979
474 p. : single copy free : (P)

Reports on diabetes research, epidemiology, and the diabetes-related activities of individual federal agencies.

DM0034
SOME THOUGHTS FOR YOUNG DIABETICS AND THEIR PARENTS
Canadian Diabetes Association (1), [1977?]
[6] p. : free : (GP)

Reviews certain aspects of juvenile diabetes which may cause anxiety or confusion for parents of the newly diagnosed diabetic child. Gives some broad guidelines to assist in the control of this condition.

DM0035
WORKSHOP ON PANCREATIC ISLET CELL TRANSPLANTATION IN DIABETES
by E. R. Lacy
US DHEW (9), [1977?]
11 p. : single copy free : (P)

Formulates recommendations for future research needs in islet cell transplantation based upon the present status of the various components of this field.

DM0036
WORKSHOP ON ARTIFICIAL DEVICES FOR THE CONTROL OF BLOOD GLUCOSE
US DHEW (9), [1977?]
17 p. : single copy free : (P)

An assessment of the present state of technology fundamental to the development of appropriate devices and opportunities for further research in these and related areas.

DM0037
INSULIN INJECTION SITE LOCATOR
Moncject, [1978?]
[2] p. : free : (GP)

A chart on which to locate each injection site by giving injections in the place that matches the calendar date.

DM0038
HOW TO TAKE INSULIN
Moncject, 1977
[8] p. : free : (GP)

Provides an illustrated step-by-step procedure for taking insulin.

DM0039
RESEARCH HORIZONS
Canadian Diabetes Association (1), 1978
3 p. : free : (GP)

An attempt to answer some of the questions regarding several aspects of diabetes which are being researched. Comments on some of the possible prospects.

DM0040
FOOTCARE FOR THE DIABETIC PATIENT
US DHEW (9), 1978
3 p. : single copy free : (GP)

A fact sheet outlining the basics of foot care for the diabetic patient.

DM0041
DIABETIC FOOTCARE
Canadian Diabetes Association (1), [1977?]
1 p. : free : (GP)

Outlines all aspects of footcare for the diabetic, using the letters of the word "diabetes" to initiate each point.

DM0042
THE DIABETIC NEUROPATHIES: A SCIENTIFIC GUIDE FOR HEALTH PRACTITIONERS
(NIH 78-1640)
US DHEW (13), 1978
9 p. : free : (P)

A scientific guide about diabetic neuropathies for health practitioners.

DM0043
THE DIABETIC NEUROPATHIES
(NIH 79-1641)
US DHEW (13), 1979
13 p. : free : (GP)

Outlines the types and symptoms of diabetic neuropathies in order to increase the understanding of these disorders.

DM0044
UNDERSTANDING YOUR DIABETES
Pfizer, Inc., 1978
47 p. : free : (GP)

Discusses symptoms, diet, and treatment. Includes a medical glossary for the diabetic.

DM0045
HOW TO COPE WITH DIABETES
(NIH 77-987)
US DHEW (9), 1977
16 p. : single copy free : (GP)

Discusses the magnitude and nature of diabetes, types, susceptibility, causes, symptoms, how it is detected, the treatment, insulin shock and diabetic coma, complications, and research.

DM0046
PREPARAZIONE DEI PASTI PER I DIABETICI
Canadian Diabetes Association (2), [1975?]
[20] p. : single copy free : (GP)

Booklet written in Italian to aid the diabetic of that culture in the proper use of pasta in the diet.

DM0047
BASICS OF THE DIABETIC WAY OF EATING (ITALIAN)
Canadian Diabetes Association (2), 1976
4 p. : single copy free : (GP)

Describes the diabetic diet in Italian.

DM0048
MEAL PLANNING (PUNJABI)
Canadian Diabetes Association (2), [1975?]
9 p. : single copy free : (GP)

Meal planning for the diabetic written in Punjabi.

DM0049
MEAL PLAN (PUNJABI)
Canadian Diabetes Association (2), 1975
2 p. : single copy free : (GP)

The diabetic meal plan written in Punjabi.

DM0050
EXCHANGE LIST (PORTUGUESE)
Canadian Diabetes Association (2), 1975
5 p. : single copy free : (GP)

The exchange lists for the Portuguese diabetic patient.

DM0051
THE BASICS OF THE DIABETIC WAY OF EATING (PORTUGUESE)
Canadian Diabetes Association (2), [1975?]
4 p. : single copy free : (GP)

Describes the diabetic way of eating in Portuguese.

DM0052
THE BASICS OF THE DIABETIC WAY OF EATING AND MEAL PLAN (JAPANESE)
Canadian Diabetes Association (2), [1975?]
[5] p. : single copy free : (GP)

Describes the diabetic diet in Japanese.

DM0053
EXCHANGE LIST FOR MEAL PLANNING (GREEK)
Canadian Diabetes Association (2), [1975?]
11 p. : single copy free : (GP)

The exchange lists written in Greek.

DM0054
BASICS OF THE DIABETIC WAY OF EATING (GREEK)
Canadian Diabetes Association (2), [1975?]
[6] p. : single copy free : (GP)

The diabetic diet described in Greek.

DM0055
EXCHANGE LIST FOR MEAL PLANNING (CHINESE)
Canadian Diabetes Association (2), [1975?]
11 p. : single copy free : (GP)

The exchange lists written in Chinese.

DM0056
THE BASICS OF THE DIABETIC WAY OF EATING (CHINESE)
Canadian Diabetes Association (2), [1976?]
7 p. : single copy free : (GP)

The diabetic way of eating written in Chinese.

DM0057
DIABETES AND AGING
(NIH 79-1408)
US DHEW (10), 1979
[6] p. : free : (GP)

Shows that although diabetes is most prevalent in the elderly, it may not be as prevalent as previously believed.

DM0058
THE DIABETIC WAY OF EATING
Canadian Diabetes Association (1), [1977?]
6 p. : free : (GP)

Discusses a few basic food facts that the diabetic should be aware of in order to control the disease and still enjoy nourishing, tasty, and appealing meals.

DM0059
WHAT YOU SHOULD KNOW ABOUT JUVENILE DIABETES: THE 'FOREVER' DISEASE
by L. B. Salans and L. F. Lipsett
US DHEW (9), [1979?]
[4] p. : single copy free : (GP)

Uses a case history to emphasize that diabetes mellitus is uncurable at present, but due to insulin treatment, a child having this disease can live an active, productive life.

DM0060
DIABETIES SHOPPING BASKET
New Hampshire Department of Health and Welfare, [1973?]
2 p. : single copy free : (GP)

Lists types of foods under the heading of "classification" and then determines which foods in that group should be avoided or used and what exchange it represents. Based on American diabetic food exchanges.

DM0061
CAREER CHOICES FOR DIABETICS
American Diabetes Association (2), [1977?]
[6] p. : $0.10 : (GP)

An aid to making career plans and goals and getting the necessary training.

DM0062
SICK DAY RULES FOR THE DIABETIC
by M. G. Blechman
American Diabetes Association (1), [1978?]
[4] p. : $0.10 : (GP)

Outlines the proper sick day rules which must be followed by the diabetic if minor illnesses are to be prevented from becoming serious problems.

DM0063
DIET A KEY TO GOOD CONTROL: 1000 CALORIES
American Diabetes Association (2), [1978?]
[6] p. : $0.10 : (GP)

Provides a sample menu pattern with a list of the number of each exchange for 1000 calories.

DM0064
DIET A KEY TO GOOD CONTROL: 1200 CALORIES
American Diabetes Association (2), [1978?]
[6] p. : $0.10 : (GP)

Provides a sample menu pattern with a list of the number of each exchange for 1200 calories.

DM0065
DIET A KEY TO GOOD CONTROL: 1500 CALORIES
American Diabetes Association (2), [1978?]
[6] p. : $0.10 : (GP)

Provides a sample menu pattern with a list of the number of each exchange for 1500 calories.

DM0066
DIET A KEY TO GOOD CONTROL: 1800 CALORIES
American Diabetes Association (2), [1978?]
[6] p. : $0.10 : (GP)

Provides a sample menu pattern with a list of the number of each exchange for 1800 calories.

DM0067
DIET A KEY TO GOOD CONTROL: 2000 CALORIES
American Diabetes Association (2), [1978?]
[6] p. : $0.10 : (GP)

Provides a sample menu pattern with a list of the number of each exchange for 2000 calories.

DM0068
DIET A KEY TO GOOD CONTROL: 2200 CALORIES
American Diabetes Association (2), [1978?]
[6] p. : $0.10 : (GP)

Provides a sample menu pattern with a list of the number of each exchange for 2200 calories.

DM0069
DIET A KEY TO GOOD CONTROL: 2400 CALORIES
American Diabetes Association (2), [1978?]
[6] p. : $0.10 : (GP)

Provides a sample menu pattern with a list of the number of each exchange for 2400 calories.

DM0070
DIET A KEY TO GOOD CONTROL: 2600 CALORIES
American Diabetes Association (2), [1978?]
[6] p. : $0.10 : (GP)

Provides a sample menu pattern with a list of the number of each exchange for 2600 calories.

DM0071
DIET A KEY TO GOOD CONTROL: 2800 CALORIES
American Diabetes Association (2), [1978?]
[6] p. : $0.10 : (GP)

Provides a sample menu pattern with a list of the number of each exchange for 2800 calories.

DM0072
DIET A KEY TO GOOD CONTROL: 3000 CALORIES
American Diabetes Association (2), [1980?]
[6] p. : $0.10 : (GP)

Provides a sample menu pattern with a list of the number of each exchange for 3000 calories.

DM0073
DIETARY MODIFICATIONS IN DISEASE - DIABETES MELLITUS
(D156)
Ross Laboratories (2), 1976
17 p. : $1.25 : (P)

A brief review of the disorder aimed at increasing awareness of the magnitude of the diabetic's problem and the importance of diet therapy as an integral part in the management of diabetes mellitus.

DM0074
BASIC FACTS ABOUT DIABETES
Eli Lilly and Company (Canada) Ltd., [1980?]
8 p. : free : (GP)

Discusses what diabetes is, who has it, symptoms, the nature of the disease, and the discovery of insulin.

DM0075
THE PROGRESS OF INSULIN
Eli Lilly and Company (Canada) Ltd., [1980?]
[6] p. : free : (GP)

Discusses how beef and pork pancreas glands become a life-sustaining product for diabetics.

DM0076
THE EARLY STORY OF INSULIN
by Sir Frederick Banting
Eli Lilly and Company (Canada) Ltd., [1980?]
[10] p. : free : (GP)

Excerpts from a speech delivered by Dr. Banting on October 11, 1934, discussing the doctor's beginning, as well as his discovery of insulin.

DM0077
INSULIN: ITS SOURCE AND ACTION
by M. Kory
Eli Lilly and Company, [1975?]
31 p. : single copy free : (P)

Discusses the function and use of insulin.

DM0078
BASIC FACTS ABOUT DIABETES
Eli Lilly and Company, 1977
[6] p. : single copy free : (GP)

A basic description of diabetes, symptoms and methods of control, and the discovery and use of insulin in treating diabetes.

DM0079
INSULIN: A HOPE FOR LIFE
by G. E. McCormick
Eli Lilly and Company, 1971
[6] p. single copy free : (GP)

Focuses on the initial phase of insulin development.

DM0080
PILLSBURY GROCERY PRODUCTS RECOMMENDED FOR USE IN DIABETIC DIETS
The Pillsbury Company, [1977?]
[6] p. : single copy free : (GP)

Lists Pillsbury products and the exchanges they represent in the American diabetic diet.

DM0081
GUIDELINES FOR USING SWEET 10 AND SPRINKLE SWEET IN RECIPES
SUGAR SUBSTITUTES
The Pillsbury Company, [1977?]
2 p. : single copy free : (GP)

Provides a conversion table for using Pillsbury's sweeteners in place of sugar. Discusses the differences in products using sugar as opposed to artificial sweeteners.

DM0082
DIET FOR MILD DIABETICS
Virginia State Health Department, 1970
[4] p. : single copy free : (GP)

Includes a daily food guide consisting of lists of permitted foods from each food group and the quantity of each, as well as a list of foods to avoid. Provides a basic menu plan for one day's meals.

DM0083
DIABETES MELLITUS
by D. Schusterman
West Virginia University, 1975
5 p. : single copy free : (P)

A lesson on diabetes including an overview of the disease and suggestions for presenting the material.

DM0084
DIABETES MELLITUS
by D. Schusterman
West Virginia University, 1975
[4] p. : single copy free : (GP)

A discussion of susceptibility to diabetes, and symptoms. Includes a resource list.

DM0085
DIABETES MELLITUS "SUGAR DIABETES"
by D. Schusterman
West Virginia University, 1975
8 p. : single copy free : (P)

This paper covers a brief history of diabetes, terms used when discussing it, the health concern it presently represents, symptoms, and treatment. A resource list and bibliography are included.

DM0086
THE CAUSES OF DIABETES
(No. 1450)
by A. L. Notkins
W. H. Freeman and Company, 1979
12 p. : $0.40 : (P)

A Scientific American Offprint outlining work in laboratories around the world. Discusses the interaction between genetic make-up and environment.

DM0087
DIABETES MELLITUS
(NIH 76-854)
edited by S. P. Fajans
US DHEW (11), 1976
361 p. : single copy free : (P)

This monograph presents a detailed review and evaluation of the state of knowledge and research in the prevention and control of diabetes, identifies gaps in the knowledge of this disease, and proposes ways in which current knowledge may be applied more effectively.

DM0088
NATIONAL DIABETES ADVISORY BOARD SECOND ANNUAL REPORT
(NIH 79-1902)
US DHEW (24),1979
ca. 50 p. : single copy free : (P)

Presents the Board's latest assessment of major developments and future priorities in diabetes research and diabetic care, control, and education.

DM0089
TREATING YOUR DIABETES WITH ULTRALENTE INSULIN
Connaught Laboratories Ltd., [1979?]
[4] p. : free : (GP)

Discusses ultralente insulin, how long an injection will last, importance of diet, symptoms of hypoglycemia and hyperglycemia, storage of insulin, and insulin preparation.

DM0090
TREATING YOUR DIABETES WITH SEMILENTE INSULIN
Connaught Laboratories Ltd., [1979?]
[4] p. : free : (GP)

Discusses semilente insulin, how long an injection will last, importance of diet, symptoms of hypoglycemia and hyperglycemia, storage of insulin, and insulin preparation.

DM0091
TREATING YOUR DIABETES WITH PROTAMIN ZINC INSULIN
Connaught Laboratories Ltd., [1979?]
[4] p. : free : (GP)

Discusses protamin zinc insulin, how long an injection will last, importance of diet, symptoms of hypoglycemia and hyperglycemia, storage of insulin, and insulin preparation.

DM0092
TREATING YOUR DIABETES WITH LENTE INSULIN
Connaught Laboratories Ltd., [1979?]
[4] p. : free : (GP)

Discusses lente insulin, how long an injection will last, importance of diet, symptoms of hypoglycemia and hyperglycemia, storage of insulin, and insulin preparation.

DM0093
TREATING YOUR DIABETES WITH SULPHATED INSULIN
Connaught Laboratories Ltd., [1979?]
[4] p. : free : (GP)

Discusses sulphated insulin, how long an injection will last, importance of diet, symptoms of hypoglycemia and hyperglycemia, storage of insulin, and insulin preparation.

DM0094
TREATING YOUR DIABETES WITH NPH INSULIN
Connaught Laboratories Ltd., [1979?]
[4] p. : free : (GP)

Discusses NPH insulin, how long an injection will last, importance of diet, symptoms of hypoglycemia and hyperglycemia, storage of insulin, and insulin preparation.

DSC095
TREATING YOUR DIABETES WITH INSULIN-TORONTO (NEUTRAL)
Connaught Laboratories Ltd., [1979?]
[4] p. : free : (GP)

Discusses insulin-Toronto, how long an injection will last, importance of diet, symptoms of hypoglycemia and hyperglycemia, storage of insulin, and insulin preparation.

DIETARY STANDARDS/ NUTRITIONAL STATUS (DS)

DSCC01
SAMPLE DESIGN AND ESTIMATION PROCEDURES FOR A NATIONAL HEALTH EXAMINATION SURVEY OF CHILDREN
(HRA 74-1005)
US DHEW (22), 1974
40 p. : single copy free : (P)

Presents a detailed description of the sample design and estimation procedures employed by the Health Examination Survey in a nationwide survey of youths 6-11 years of age.

DSCC02
QUALITY CONTROL IN A NATIONAL HEALTH EXAMINATION SURVEY
(HRA 74-1023)
US DHEW (22), 1974
24 p. : single copy free : (P)

A paper discussing quality control in the National Health Examination Survey. Concepts discussed include quality control in data collection, means of reducing nonresponse, and processing errors.

DSCC03
PLAN AND OPERATION OF THE HANES I AUGMENTATION SURVEY OF ADULTS 25-74 YEARS U.S. 1974-1975
(PHS 78-1314)
US DHEW (22), 1978
110 p. : single copy free : (P)

Describes the modifications in procedures, program content, sampling, and other data collection activities that were made for the augmentation phase of HANES I.

DSCC04
HEALTH INTERVIEW SURVEY PROCEDURE 1957-1974
(HRA 75-1311)
US DHEW (22)
153 p. : single copy free : (P)

Outlines the changes that have led to the improvement of data collection in the household surveys. Also examines the expansion of the survey.

DSCC05
PLAN AND OPERATION OF THE HEALTH AND NUTRITION EXAMINATION SURVEY U.S. 1971-1973
(PHS 79-1310a)
US DHEW (22), 1979
77 p. : single copy free : (P)

Describes a national health and nutrition examination survey of a probability sample of the U.S. population 1-74 years of age. The development, plan, and operation of the survey is presented.

DSCC06
PLAN AND OPERATION OF THE HEALTH AND NUTRITION EXAMINATION SURVEY U.S. 1971-1973
(PHS 79-1310b)
US DHEW (22), 1979
46 p. : single copy free : (P)

Describes a national health and nutrition examination survey of a probability sample of the U.S. population 1-74 years of age. Examples of the data collection forms used in the survey are included.

DSCC07
NCHS GROWTH CURVES FOR CHILDREN BIRTH-18 YEARS U.S.
(PHS 78-1650)
US DHEW (22), 1978
74 p. : single copy free : (P)

Presents smoothed percentile distributions of body size attained at specific chronological ages from birth to 18 year of age.

DS0008
THE ASSESSMENT OF NUTRITIONAL STATUS - PROCEEDINGS OF THE MILES SYMPOSIUM '73
Miles Laboratories, Ltd., 1973
95 p. : single copy free : (P)

Reviews the assessment of nutritional status and examines which direction research in this area should take in the future.

DS0009
RECOMMENDED DIETARY ALLOWANCES: MORE RESEARCH AND BETTER FOOD GUIDES ARE NEEDED
(CED 78-169)
US General Accounting Office, 1978
6t p. : single copy free : (P)

Discusses the American recommended dietary allowances; their characteristics, their limitations and uses, and their academic basis.

DS0010
NORMAL VALUES FOR SELECTED PHYSICAL PARAMETERS: AN AID TO SYNDROME DELINEATION
by M. Feingold and W. H. Bossert
The National Foundation - March of Dimes (2), 1974
1t p. : single copy free : (P)

Studies the physical parameters of a normal population in an attempt to define normal values.

DS0011
THE HEALTH AND NUTRITION EXAMINATION SURVEY: WHAT IT SHOULD AND SHOULD NOT DO
National Academy of Public Administration, 1979
33 p. : single copy free : (P)

Outlines the proper role of HANES, and reviews the need for health surveys.

DS0012
WEIGHT BY HEIGHT AND AGE OF ADULTS 18-74 YEARS: UNITED STATES, 1971-74
(PHS 78-1250)
US DHEW (22), 1974
1t p. : single copy free : (P)

Presents height-weight tables for men and women between 18-74 years of age, with mean weight values for each inch of height for a range of 62-74 inches for men and 57-68 inches for women.

DS0013
HEIGHT AND WEIGHT OF ADULTS 18-74 YEARS OF AGE IN THE UNITED STATES
(HRA 77-1250)
US DHEW (22), 1977
8 p. : single copy free : (P)

Presents data on height and weight distribution among the U.S. population based on findings from the HANES program.

DS0014
THE NUTRITION CANADA SURVEY: A REVIEW
Canadian Paediatric Society, 1976
[3] p. : single copy free : (P)

Reviews the objectives, procedure, and findings of the Nutrition Canada Survey.

DS0015
EVALUATION OF EFFORTS TO DETERMINE NUTRITIONAL HEALTH OF THE U.S. POPULATION
US General Accounting Office, 1973
2S p. : single copy free : (P)

A report on a survey conducted by the U.S. Department of Health, Education, and Welfare to determine the incidence of serious hunger and malnutrition in America.

DS0016
NUTRITION CANADA ANTHROPOMETRY REPORT
Health and Welfare Canada (11), 1980
133 p. : single copy free : (P)

Deals primarily with height, weight, and certain selected body measurements. Focus is on a national level, and includes data on Indians and Eskimos.

DS0017
NUTRITION CANADA DENTAL REPORT
Health and Welfare Canada (11), 1977
150 p. : single copy free : (P)

Provides basic information on the overall prevalence of the major dental diseases in children, and dental treatment levels.

DS0018
NUTRITIONAL EVALUATION OF THE POPULATION OF CENTRAL AMERICA AND PANAMA
(ESM 72-8120)
US DHEW : Instituto de Nutricion de Centro America y Panama [distributor], 1972
165 p. : single copy free : (P)

A report of a 1969 study of the nutritional status of the population of Central America and Panama.

DS0019
A LOOK AT THE DIETARY STANDARD FOR CANADA
(Dispatch No. 39)
Health and Welfare Canada (8), 1977
4 p. : free : (P)

A summary of the 1976 update of the Dietary Standard for Canada is presented.

DS0020
NUTRITION CANADA SURVEY
(Dispatch No. 37)
Health and Welfare Canada (8), 1978
3 p. : free : (P)

The results of the Nutrition Canada Survey (1972) are briefly summarized in this fact sheet.

DS0021
NUTRITION PROBLEM CLASSIFICATION FOR CHILDREN AND YOUTH
(HSA 77-5200)
US DHEW (17), 1977
[150] p. : single copy free : (P)

A classification system designed to identify and categorize the results of the assessment function is explained.

DS0022
USE OF GROWTH CHARTS FOR ASSESSING PROGRESS OF CHILDREN AND TEACHING OF PARENTS
US Agency for International Development (1), [1972?]
ca. 30 p. : single copy free : (P)

A review of the use of growth charts in assessing child health. Suggests improvements in charts, plans for an evaluation of their effectiveness as a program tool, and makes recommendations on the use of growth charts.

DS0023
HEMOGLOBIN AND SELECTED IRON-RELATED FINDINGS OF PERSONS 1-74 YEARS OF AGE; UNITED STATES 1971-74
(DHS 79-1250)
US DHEW (22), 1979
12 p. : single copy free : (P)

Presents selected findings of the hemoglobin, serum iron and percent transferrin saturation determinations collected in the Health and Nutrition Examination Survey.

DS0024
THE ONE-HOUR ORAL GLUCOSE TOLERANCE TEST
(HRA 74-1271)
US DHEW (22), 1974
34 p. : single copy free : (P)

Explains the response of middle-aged men to 100-gram and 50-gram doses of glucose given when fasting and 1, 2, and 3 hours after a meal.

DS0025
BLOOD GLUCOSE LEVELS IN ADULTS UNITED STATES - 1960-1962
(DHS No. 1000-Series 11 No. 18)
US DHEW (22), 1966
25 p. : single copy free : (P)

A description of the glucose tolerance test, with data on mean levels of blood glucose by age, sex, and race.

DS0026
NUTRITION CANADA - NATIONAL SURVEY
Supply and Services Canada, 1973
[163] p. : $3.75 : (P)

Provides a sound body of scientific information on the nutritional status of the Canadian population. Forms the basis for planning future informational, educational, public health, and welfare programs.

DS0027
NUTRITIONAL ASSESSMENT IN HEALTH PROGRAMS
edited by G. Christakis
American Public Health Association, 1973
82 p. : $4.00 : (P)

Discusses methodology of nutritional assessment throughout the life cycle. Includes tables, figures, and appendices for illustrative purposes.

DS0028
THE REVISED RECOMMENDED DIETARY ALLOWANCES (1980)
National Academy of Sciences (2), 1979
[2] p. : single copy free : (P)

Explains the revised recommended dietary allowances for the U.S. Lists mean heights and weights with respective recommended energy intakes and estimated adequate intakes of selected vitamins and minerals.

DS0029
DIETARY STANDARD FOR CANADA
Supply and Services Canada, 1976
110 p. : $3.75 : (P)

Contains recommended daily intakes for energy and 27 nutrients, an increase of 12 over the total included in the 1964 Standard. The age-weight-sex groups were changed as it was recognized that requirements vary with age, body size, sex, and physiology.

FOOD CONSUMPTION/ DIETARY INTAKE (FC)

FC0001
SELECTED FINDINGS : FOOD CONSUMPTION PROFILES OF WHITE AND BLACK PERSONS 1-74 YEARS OF AGE IN THE UNITED STATES 1971-1974
(PHS 78-1250)
US DHEW, (22), 1978
12 p. : single copy free : (P)

These selected dietary findings based on HANES food frequency data are directed to a quantitative assessment of food pattern profiles of white and black populations.

FC0002
ADULT ATTITUDES TOWARD MAJOR BEVERAGES IN SEVEN NEW YORK METROPOLITAN MARKETS
(Sch vol. 4, no.10)
Cornell University (5), 1974
47 p. : single copy free : (P)

Summary report of a research study on adult attitudes towards beverages.

FC0003
A STUDY OF SELECTED FAMILY AND SOCIAL INFLUENCES ON TEENAGE BEVERAGE CONSUMPTION IN THREE NEW YORK MARKETS FALL 1974
(A. E. Res. 75-6)
Cornell University (3), 1975
68 p. : single copy free : (P)

Assesses the relationship between beverage consumption and the following factors: sex, geographical market, number of children in household, social position, parental and peer influences, and availability of beverages in the home.

FC0004
CONSUMER DEMAND FOR MAJOR FOODS IN CANADA
(Publication 76/2)
by Z. A. Hassan and S. R. Johnson
Agriculture Canada (1), 1976
63 p. : single copy free : (P)

Concerned with the application of the modern theory of consumer behavior in estimating a system of demand equations for food commodity groups.

FC0005
FOOD CONSUMPTION PATTERNS IN CANADA
(Publication 74/8)
by Z. A. Hassan and W. F. Lu
Agriculture Canada (1), 1974
98 p. : single copy free : (P)

Analyzes Canadian household consumption patterns for food commodities in 1969 using cross-section data.

FC0006
URBAN FOOD CONSUMPTION PATTERNS IN CANADA
(Publication No. 77/1)
by Z. A. Hassan and S. R. Johnson
Agriculture Canada (1), 1977
57 p. : single copy free : (P)

Estimates demand parameters for 122 food items.

FC0007
MONEY VALUE OF FOOD USED BY HOUSEHOLDS IN THE UNITED STATES, SPRING 1977
USDA (6), 1979
17 p. : single copy free : (P)

Presents findings on the money value of food used at home and the expenditures for food eaten away from home from a sample of 3,500 households.

FC0008
FOOD EXPENDITURE PATTERNS OF SINGLE-PERSON HOUSEHOLDS
(AER-428)
by B. H. Sexauer and J. S. Mann
USDA (5), 1979
19 p. : single copy free : (P)

Describes and analyzes the food expenditure patterns of the major types of one-person households.

FC0009
NATIONWIDE FOOD CONSUMPTION SURVEY-IMPLICATIONS
USDA (6), 1979
5 p. : single copy free : (P)

Outlines the various implications which arise from the results of a nationwide food consumption survey.

FC0010
SUMMARY OF NUTRITION CANADA FOOD CONSUMPTION PATTERNS REPORT
(Dispatch-Special Issue)
Health and Welfare Canada (8), 1977
4 p. : free : (P)

Summary of the Nutrition Canada Food Consumption Patterns Report. Foods in nine major groups were used to form the basis of a food grouping system for analysis.

FC0011
DIETARY INTAKE FINDINGS, UNITED STATES, 1971-1974
(HRA 77-1647)
US DHEW (22), 1977
74 p. : single copy free : (P)

Presents data from the Health and Nutrition Examination Survey on the dietary intake of various nutrients in a probability sample of the U.S. population 1-74 years of age.

FC0012
THE POTATO: CONSUMER USAGE, PERCEPTION AND BUYING ATTITUDES
The Potato Board, [1976]
[11] p. : single copy free : (P)

Summarizes the results of 2 studies in three basic areas: potato usage, potato perceptions, and potato buying attitudes.

FC0013
CHANGES IN HOUSEHOLD FOOD CONSUMPTION IN THE UNITED STATES, SPRING 1965 AND 1977
USDA (6), 1979
10 p. : single copy free : (P)

A report using tables and charts to highlight some findings on the expense of food bought and eaten away from home, and the quantity of foods used by households in a week.

FC0014
NUTRIENT CONSUMPTION PATTERNS OF INDIVIDUALS IN 1977 AND 1965
USDA (6), 1979
14 p. : single copy free : (P)

Provides information on diet of individuals obtained from surveys of statistically selected samples of households.

FC0015
CHANGES IN NUTRIENT LEVELS AND FOOD USED BY HOUSEHOLDS IN THE UNITED STATES, SPRING 1965 AND 1977
USDA (6), 1979
10 p. : single copy free : (P)

Provides preliminary data on food consumption and nutrient levels of 3,500 households in the spring portion of the 1977-78 Nationwide Food Consumption Survey.

FC0016
DO FOOD STAMP AND OTHER CUSTOMERS BUY THE SAME PRODUCTS IN SUPERMARKETS?
(AER-421)
by P. E. Nelson
USDA (6), 1979
19 p. : single copy free : (P)

Analyzes cash register receipts from eight supermarkets in seven states by comparing the purchases of two groups of people: food stamp customers and all others.

FC0017
DIETARY INTAKE SOURCE DATA, UNITED STATES, 1971-74
(PHS 79-122)
US DHEW (22), 1979
ca. 600 p. : single copy free : (P)

Presents findings of the Health and Nutrition Examination Survey on dietary intake based on interviews of a probability sample of the U.S. population 1-74 years of age, by age, sex, race, and income level.

FC0018
HANDBOOK OF FOOD EXPENDITURES, PRICES, AND CONSUMPTION
(Publication 77/1)
by Z. A. Hassan and D. Karamchandi
Agriculture Canada (1), 1977
147 p. ; single copy free : (P)

Gives detailed data on food expenditures, prices and consumption in Canada for the years up to 1976.

FC0019
HANDBOOK OF FOOD EXPENDITUERS, PRICES AND CONSUMPTION
(Publication 79/2)
by Z. A. Hassan and D. Karamchandani
Agriculture Canada (1), 1979
255 p. : single copy free : (P)

Gives detailed data on food expenditures, prices, and consumption in Canada for years up to 1977.

FC0020
DIETARY LEVELS OF HOUSEHOLDS IN THE UNITED STATES- SEASONS AND YEAR 1965-66
(Report No. 18)
USDA (6) or (1), 1970
191 p. : single copy free : (P)

Report on the nutritive value of household diets which presents averages for four urbanization groupings and twelve income levels. Seasonal variations were taken into account.

FC0021
FOOD CONSUMPTION OF HOUSEHOLDS IN THE UNITED STATES - SEASONS AND YEAR 1965-66
(Report No. 17)
USDA (6) or (1), 1974
217 p. : single copy free : (P)

Presents data from the nationwide survey of food consumption of households.

FCCC22
FCOD CONSUMPTION OF HOUSEHOLDS IN THE UNITED STATES - SEASONS AND YEAR 1965-66
(Report No. 12)
USDA (6), OR (1)
217 p. : single copy free : (P)

A report presenting averages for 12 income groups and all households for 1965-66, and averages for all households for the spring, summer, and fall of 1965 and winter of 1966.

FCCC23
DIETARY LEVELS OF HOUSEHOLDS IN THE WEST- SPRING 1965
(Report No. 10)
USDA (6) or (1), 1970
117 p. : single copy free : (P)

Nutrient levels were calculated from information on the kinds and quantities of food used by households. Based on the 1965-66 nationwide survey.

FCCC24
DIETARY LEVELS OF HOUSEHOLDS IN THE NORTH CENTRAL REGION SPRING 1965
(Report No. 8)
USDA (6) or (1), 1970
117 p. : single copy free : (P)

Nutrient levels were calculated from information on the kinds and quantities of food used by households. Based on the 1965-66 nationwide survey.

FCCC25
DIETARY LEVELS OF HOUSEHOLDS IN THE NORTHEAST- SPRING 1965
(Report No.7)
USDA (6) or (1), 1970
117 p. : single copy free : (P)

Nutrient levels were calculated from information on the kinds and quantities of food used by households. Based on the 1965-66 nationwide survey

FOOD GUIDES/ FOOD GROUPS (FG)

FGCC01
NUTRITION AND YOUR HEALTH : DIETARY GUIDELINES FOR AMERICANS
(G-232)
USDA (1) or (3), 1980
18 p. : single copy free : (GP)

Discusses the seven dietary guidelines which have been formulated for Americans.

FGCC02
GUIDE TO GOOD EATING
(E164)
National Dairy Council, 1977
2 p. : $0.05 : (GP)

Photographs of American food groups are presented, along with recommended amounts and serving sizes for all age groups.

FGCC03
FOOD AND YOU
Dairy Bureau of Canada, 1977
6 p. : $0.17 : (GP)

Explains the importance of the four food groups in Canada's Food Guide.

FGCC04
A DAILY FOOD GUIDE
(FNS-13)
USDA (2), [1976]
[2] p. : single copy free : (GP)

Illustrations of the American four food groups.

FGCC05
NUTRI NOTES
by J. Peters
New Hampshire Department of Health and Welfare, [1978]
[6] p. : single copy free : (GP)

Suggests how to get the most food and the best nutrition for your food dollars. Describes the four food groups.

FGCC06
HEINZ GUIDE TO GOOD NUTRITION
Heinz U.S.A., 1978
[4] p. : free : (GP)

Consists of a chart which categorizes foods into the basic groups to aid in the planning of nutritious meals and snacks.

FGCC07
DAILY GUIDE TO GOOD EATING
Ralston Purina Company, [1978]
[2] p. : single copy free : (GP)

Colourfully illustrates the four food groups, suggests a day of sample menus, and discusses why each of the four food groups is important.

FG0008
CANADA'S FOOD GUIDE
Health and Welfare Canada (4), [1977]
[2] p. : free : (GP)

A colourful pictorial representation of Canada's four food groups supported by a general written description.

FG0009
EAT BETTER LIVE BETTER
Kellogg Salada Canada, Ltd., 1980
IV. (various paging) : free : (GP)

This booklet provides recipes, calorie tables, and guidelines for planning nutritious meals. A wall chart serves as a daily reminder about the importance of balancing food energy input with output.

FG0010
QUEBEC FOOD GUIDE
Quebec Ministere des Affaires Sociales, [1979]
24 p. : single copy free : (GP)

A colourful, well designed guide to a balanced diet. It is full of tips and practical advice for happy and healthy eating.

FG0011
EAT WISELY, EAT WELL
Health and Welfare Canada (1), 1977
8 p. : free : (GP)

Colourful display of the four Food groups of the Canada Food Guide.

FG0012
EASY EATING WITH CANADA'S FOOD GUIDE
Ontario Ministry of Health, 1978
[6] p. : free : (GP)

Colourful brochure briefly outlines how to use the Canada Food Guide for nutritious weight control, convenience, cutting costs, snacking, and eating out.

FG0013
CANADA'S FOOD GUIDE HANDBOOK
Health and Welfare Canada (4), 1978

40 p. : free : (P)

This handbook explains the Food Guide to those interested in nutrition education such as health educators, community workers, teachers, home economists, media specialists, and daycare workers.

FG0014
FAMILY FOOD DAILY FOOD GUIDE
University of Minnesota, [1975]
[6] p. : single copy free : (GP)

Basic brief description of four food groups in American Food Guide, emphasizing the importance of variety in one's diet. General meal patterns are outlined.

FG0015
EVERY DAY EAT THE 3-2-4-4 WAY!
(E021)
National Dairy Council, 1980
10 p. : $0.10 : (E)

The American four food groups are illustrated to help children understand the kinds and amounts of foods needed each day. Includes teacher- leader guide.

FG0016
CANADA'S FOOD GUIDE LEAFLET AND HANDBOOK EVALUATION
Health and Welfare Canada (12), 1979
67 p. : single copy free : (P)

A report on an evaluation of the Canada Food Guide leaflet and handbook to assess comprehension, validity, and design.

FG0017
STEPS TO GOOD EATING
Bakery Council of Canada, [1977]
[6] p. : free : (GP)

Outlines Canada's Food Guide and provides seasonal menus and low-calorie hints. Includes discussion on the enrichment of bread and flour in Canada.

FG0018
NUTRITION RECOMMENDATIONS FOR CANADIANS
Health and Welfare Canada (1) or (4), 1980
[3] p. : free : (GP)

Lists 1980 nutrition recommendations based on the findings of the Committee on Diet and Cardiovascular Disease, 1976.

FG0019
THE THING THE PROFESSOR FORGOT
USDA (1), 1978
[20] p. : single copy free : (E)

Rhyming verses introducing basic nutrition and the American food guide to children.

FOOD PRESERVATION AND SAFETY (FP)

FP0001
HOME PREPARATION OF JUICES, WINES AND CIDER
(Publication 1406)
Agriculture Canada (1), 1975
26 p. : free : (GP)

Discusses the procedure for making various juices and freezing them. Wines are also included. The preparation and storage of cider is also explained. Includes a list of things to remember, a glossary of terms and conversion factors for the metric system.

FP0002
MAKING BLUEBERRY WINE AT HOME
(Publication 1206)
Agriculture Canada (1), 1972
[6] p. : free : (GP)

Outlines the procedure for making blueberry wine and bottling it. Includes conversion factors for metric system.

FP0003
CANNING, FREEZING, STORING GARDEN PRODUCE
(AIB-410)
USDA (3), 1977
[82] p. : single copy free : (GP)

Discusses food preservation and how to minimize losses. Includes questions and answers on food preservation, and a glossary of terms.

FP0004
HOME CANNING OF FRUITS AND VEGETABLES
(G-8)
USDA (3), 1977
31 p. : single copy free : (GP)

Discusses all aspects of home canning of fruits and vegetables followed by a section of questions most commonly asked and the answers.

FP0005
REQUIREMENTS OF LAWS AND REGULATIONS ENFORCED BY THE U.S. FOOD AND DRUG ADMINISTRATION
(FDA 79-1042)
US DHEW (2), 1979
72 p. : single copy free : (P)

Aims to be a useful cross-reference to the major requirements of laws and regulations enforced by the Food and Drug Administration, by summarizing all statutes now administered. Also deals with medical devices, cosmetics, biological drugs and radiation safety.

FP0006
FOOD SAFETY ITS ALL IN YOUR HANDS
Health and Welfare Canada (8), 1978
8 p. : free : (GP)

Shows some ways in which food poisoning commonly occurs and how it can be prevented. Uses case histories for illustrative purposes.

FP0007
FREEZING FRUITS AND VEGETABLES
University of Minnesota, 1978
[8] p. : single copy free : (GP)

Discusses chemical and textural changes during freezing, rate of freezing, moisture loss, microbial growth in the freezer, and methods for packing and freezing fruits and vegetables. Includes timetables for various produce items.

FP0008
HOME CANNING - FRUITS, VEGETABLES AND MEATS
by I. P. Wolf and E. A. Zottola
University of Minnesota
11 p. : single copy free : (GP)

Outlines the history of scientific methods for home canning and today's established processes these include safety determinants, different types of canners and jars used, preparing, packing and sealing jars, procedures for processing acid foods and meats and poultry. Includes timetables for various fruits and vegetables.

FP0009
THE ADDITIVES MATCH-UP CHALLENGE
Saskatchewan Consumer Affairs, [1978]
1 p. : single copy free : (GP)

A learning experience using the booklet Guide to Food Additives. The challenge is to match up additives with their classifications and related food products.

FP0010
FOOD SAFETY IN THE HOME
The Pillsbury Company, [1978?]
[8] p. : single copy free : (GP)

Discusses food purchasing and transportation, food storage of perishables and canned and dry foods, prevention and elimination of pantry pests, and safe food preparation and processing. Includes a temperature guide for safe handling of food in the home.

FP0011
MORE THAN YOU EVER THOUGHT YOU WOULD KNOW ABOUT FOOD ADDITIVES
(FDA 79-2115)
US DHEW (2), 1979
[8] p. : free : (GP)

An article and additive index designed to tell consumers more than they ever thought they would know about additives.

FP0012
MORE THAN YOU EVER THOUGHT YOU WOULD KNOW ABOUT FOOD ADDITIVES - PART II
(FDA 79-2118)
US DHEW (2), 1979
[4] p. : free : (GP)

Looks at two of the "whys" for adding nutrients and preservatives to food; to improve or maintain nutritional value, and to maintain product quality.

FP0013
SUCCESSFUL HOME FREEZING
Ball Corporation, 1977
[8] p. : single copy free : (GP)

Reviews advantages of freezing foods and how to do so in an organized manner. Discusses proper packaging, freezing fruits, and freezing vegetables. Includes 12 basic steps, and a chart covering the preparation for freezing of some fruits and vegetables.

FP0014
SUMMER'S SAUCY "SPREADS"
Ball Corporation, 1976
[6] p. : single copy free : (GP)

Briefly defines jelly, pickles, and relishes and includes recipes for each.

FP0015
GREEN BEAN SNAP
Ball Corporation, 1979
2 p. : single copy free : (GP)

Covers prepartion and method for canning green beans. Includes vocabulary and score card.

FP0016
TOMATO TWISTIN'
Ball Corporation, 1976
2 p. : single copy free : (GP)

Covers the preparation and method for canning whole tomatoes. Includes vocabulary and score card.

FP0017
CEREAL FORTIFICATION
Kellogg Company, [1979?]
[3] p. : free : (GP)

Discusses the nutritional contribution of fortified cereal products to a well balanced diet. Based on the American Nutrition policy.

FP0018
NEW FACTS ON BREAD AND FLOUR ENRICHMENT
Bakery Council of Canada, [1979?]
[8] p. : free : (GP)

A brief rundown on the enrichment of flour and bread.

FP0019
FOOD ADDITIVES
(Dispatch No. 30)
Health and Welfare Canada (8), 1977
4 p. : free : (P)

Defines a food additive. Covers why we use additives, whether or not they are safe, and who controls them. Includes a chart of the common types and their functions.

FP0020
FACTSHEET ON MONOSODIUM GLUTAMATE FOR CONSUMERS
Health and Welfare Canada (8), 1979
(2) p. : free : (GP)

Reviews what MSG is, why it is used, whether or not it is safe, and how to avoid excessive use.

FP0021
FOOD BANG-UPS: THE ADDITIVE ALARM
Health and Welfare Canada (8), [1976?]
1 p. : free : (GP)

Outlines the various purposes of additives in order to assure the public that additives are not all bad.

FP0022
FOOD POISONING
Health and Welfare Canada (8), [1978?]
8 p. : free : (GP)

A few tips provided by Canada's Health Protection Branch to keep foods safe to eat.

FP0023
DANGER ZONE IN THE KITCHEN
Health and Welfare Canada (8), 1974
17 p. : free : (GP)

A workbook designed to help the consumer to study and remember certain important facts about food safety.

FP0024
LIFE BEGINS AT 40 DEGREES
Oscar Mayer and Company, [1978?]
7 p. : single copy free : (GP)

Defines bacteria. Discusses sanitation control, temperature control, and both the retailer's and the consumer's responsibilities. Lists some storage guidelines.

FP0025
TEMPERATURE AND FOOD SANITATION
Oregon State Health Division (2), [1977?]
1 p. : single copy free : (GP)

A chart of a thermometer which points out the best temperature for bacterial growth, control and death.

FP0026
BALL READY REFERENCE CHART
Ball Corporation, 1977
1 p. : single copy free : (GP)

Lists fluid volumes and equivalents, weights and equivalents, approximate home canning yields in quarts, and home canning processing times for quarts.

FP0027
SAFETY IS FOR THE BIRDS
(Dispatch No. 22)
Health and Welfare Canada (8), 1977
3 p. : free : (P)

Answers questions about safe handling of poultry. Outlines the danger zone temperatures. Provides a chart on freezer storage time.

FP0028
MICROWAVE OVEN SAFETY
Oregon State Health Division (2), 1973
7 p. : single copy free : (P)

Outlines what microwave radiation is, how to cook with microwaves, the oven safety standard in the U.S., the oven's effect on health, checking for leakage, and tips on microwave oven safety. Includes a listing of brand names and model numbers.

FP0029
MICROWAVE OVEN SAFETY
(R-4)
National Automatic Merchandising Association, 1974
[4] p. : single copy free : (GP)

Prepared to provide the best available data for setting up microwave oven safety programs and to answer inquires from vending and food service locations.

FP0030
NITRATE, NITRITE, NITROSAMINES
Oscar Mayer and Company, 1978
[2] p. : single copy free : (GP)

Factsheet discussing what nitrate, nitrite, and nitrosamines are and whether or not they are safe for human ingestion. Reviews the government's stand on the banning of nitrite.

FP0031
PEACHY PRESERVES
National Peach Council, [1978?]
[4] p. : single copy free : (GP)

Recipes for various jams and preserves made with fresh peaches.

FP0032
THE CHEMICAL FACTS OF LIFE
Monsanto Chemical Company, [1978?]
13 p. : free : (GP)

A candid discussion of chemicals, their history, use and misuse, testing procedures, benefits and risks to humans.

FP0033
GUIDE TO FOOD ADDITIVES
Health and Welfare Canada (8), [1977?]
15 p. : free : (GP)

Designed to answer questions regarding what additives are going into food and why they are used, in order to alleviate some of the concerns that consumers may have about the safety and necessity of food additives.

FP0034
WHY FOOD ADDITIVES?
Kellogg Company, [1978?]
[20] p. : free : (GP)

Explains what a food additive is, and generally covers the beneficial aspects of their use. Lists the key nutrients added to Kellogg's products and their functions.

FP0035
SUBTRACTING ADDITIVES? WHAT ARE THE BENEFITS?
Bakery Council of Canada, [1979?]
[6] p. : free : (GP)

A brief discussion on the what, when, where, and why of additives as they relate to bakery products.

FP0036
NITRATE
Nitrate Safety Council, 1978
9 p. : free : (GP)

Reviews what nitrate and nitrite are and what they are use for, the reasons for the controversy over their use, nitrite research, recent developments, and the potential results of banning nitrites.

FP0037
SCIENCE EXPERIMENTS WITH FOOD PRESERVATIVES
Monsanto Chemical Company, [1978?]
14 p. : free : (S)

Intended to broadly illustrate the usefulness of sorbates as food preservatives.

FP0038
SORBIC ACID AND POTASSIUM SORBATE QUESTIONS AND ANWERS
Monsanto Chemical Company, 1977
17 p. : free : (GP)

Questions and answers on the history of sorbate, sorbate safety and use, food, preservation, methods of preserving food, and sorbate acceptance.

FP0039
A FEW FACTS ABOUT BHA AND BHT
Kellogg Salada Canada Ltd, [1978?]
1 p. : free : (GP)

Discusses what BHA & BHT are, why they are used, how much we actually eat, and why convenience foods contain them.

FP0040
FREEZING FOODS WITH REYNOLDS WRAP
Reynolds Metals Company, [1977?]
[10] p. : single copy free : (GP)

Discusses proper freezer wrapping and lists guidelines for freezing foods. Lists foods and their reaction to freezing. Illustrates various wrapping methods. A chart of storage times for various foods, and a section of quick tips for freezing are included.

FP0041
INGREDIENT OR ADDITIVE?
Oscar Mayer and Company, [1978?]
19 p. : single copy free : (GP)

Explains the difference between an additive and an ingredient. Includes a dictionary of ingredients commonly use in making the different sausage products.

FP0042
JAMS, JELLIES AND PICKLES
(Publication 992)
Agriculture Canada (1), 1978
23 p. : free : (GP)

Defines jams, jellies and pickles. A guide to successful preparation of each. Includes tables where appropriate and recipes.

FP0043
FREEZING FOODS
(Publication 992)
Agriculture Canada (1), 1978
35 p. : free : (GP)

A guide to successful freezing of foods. Discusses proper packaging and home freezer management.

FP0044
SOME ASPECTS OF FOOD PRESERVATION
Ball Corporation, [1978?]
12 p. : single copy free : (GP)

Reviews spoilage microorganisms and the control of these by salt and sugar. Discusses the role of acid, temperature and time in food preservation as well as heat-resistant bacteria, heat penetration during processing, and the effect of freezing on microorganisms and recontamination. Includes charts on the microorganisms position in relation to acid and temperature.

FP0045
THE SCIENCE OF FOOD PRESERVATION
Ball Corporation, [1975?]
[8] p. : single copy free : (GP)

Discusses the chemical substances found in all plants and animals, and the changes they cause in color, texture, and flavor if not destroyed by heat.

FP0046
JAM JAMBOREE
Ball Corporation, 1979
2 p. : single copy free : (GP)

Outlines the preparation method for strawberry jam. Includes vocabulary and score card.

FP0047
FOODBORNE ILLNESS
American Medical Association (3), [1976?]
[6] p. $0.35 : (GP)

Looks at the consumers role in the prevention of foodborne illness. Discusses salmonella, staphylococcus, c. perfringens and botulism. Includes some important reminders.

FP0048
CANNED MEATS - A CASE OF QUALITY AND CONVENIENCE
Armour-Dial, Inc., [1979?]
11 p. : single copy free : (GP)

Provides a grasp of what is going on at the Fort Madison convenience meats plant, the largest and most modern facility of its kind.

FP0049
HOME DRYING OF B.C. TREE FRUITS
by D. Britton
B. C. Tree Fruits, Ltd, [1975?]
[6] p. : free : (GP)

Discusses the process of home-drying by listing equipment and supplies required, and outlining the treatment before drying. Different drying methods are covered. Includes directions for construction of a cabinet dryer.

FP0050
YOUR GUIDE TO HOME-CANNING WITHOUT SUGAR
B. C. Tree Fruits, Ltd., [1978?]
[6] p. : free : (GP)

Outlines the process for home-canning without sugar as well as with sugar substitutes. Includes sugar-saving tips.

FP0051
THE CANNED FOODS STORY
Canadian Canners Ltd., 1979
20 p. : free : (GP)

Explores industry-related topics such as nutritive value, pollution control, government regulations, metric conversion, etc.

FP0052
WE'D LIKE TO ANSWER A FEW QUESTIONS
Wm. Underwood Company, [1979?]
[8] p. : single copy free : (GP)

Answers some of the questions most often asked by interested consumers, about Underwood products and canned goods.

FP0053
FROZEN FOODS
(Publication 504)
Ontario Ministry of Agriculture and Food, [1975?]
64 p. : single copy free : (GP)

Provides practical directions for use of home freezers. General directions are given about food spoilage and storage life, choice and maintenance of freezers, and food packaging materials and methods. Also includes specific instructions for the freezing of various foods.

FP0054
FOOD ADDITIVES WHAT DO YOU THINK?
(Dispatch No. 48)
Health and Welfare Canada (8), 1980
6 p. : free : (P)

Highlights of a survey, from the summer of 1979 conducted to assess consumer knowledge of food additives.

FP0055
INTRODUCING FOOD ADDITIVES!
Health and Welfare Canada (8), [1980?]
[2] p. : free : (GP)

Outlines what food additives are, the controls on their use, and the types of foods they are used in.

FP0056
HOME CANNING ONTARIO FRUITS AND VEGETABLES
(Publication 468)
Ontario Ministry of Agriculture and Food, [1975?]
38 p. : single copy free : (GP)

Provides the most up-to-date information available for home canning Ontario fruits and vegetables. Includes specific directions for methods used as well as a section of questions and answers and specific "do's and dont's" of canning.

FP0057
INSPECTION FOR HEALTH PROTECTION
Health and Welfare Canada (8), [1978?]
[10] p. : free : (GP)

Discusses the goal of health inspection and the role of the health inspector.

FP0058
FOOD ADDITIVE POCKET DICTIONARY
Health and Welfare Canada (8), 1980
32 p. : free : (GP)

Defines food additives and discusses what they are used for. Lists additives permitted for use in Canada.

FP0059
HEALTH PROTECTION AND FOOD LAWS
Health and Welfare Canada (8), 1979
46 p. : free : (P)

Designed to explain the major aspects of Canadian food legislation under the jurisdiction of the Health Protection Branch to health educators, nutritionists, public health workers, dietitians, and other professional groups who have a primary concern with the elimination of health hazards in food.

FP0060
FOOD HANDS AND BACTERIA
University of Georgia, 1978
[6] p. : single copy free : (GP)

Discusses the population explosion of bacteria when hands and gloves are not washed. Includes rundown on other sources of bacteria and lists simple rules to follow to control this growth.

FP0061
WATCH THE MARK OF ZERO!
American Frozen Food Institute, [1978?]
[6] p. : single copy free : (GP)

Discusses the importance of freezing and keeping foods frozen at the proper temperature .

FP0062
KERR HOME CANNING AND FREEZING BOOK
Kerr Glass Mfg., Corp., 1977
72 p. : $1.00 : (GP)

Instructions for home canning, freezing and pickling. Discusses processing methods, canning for the diabetic and food bacteria and toxins. Includes altitude charts, time tables, and a thorough questions and answers section.

FP0063
KERR 10 SHORT LESSONS IN CANNING AND FREEZING
Kerr Glass Mfg., Corp., 1976
21 p. : free : (GP)

Consists of ten lessons in canning and freezing as well as approximate yield information, methods of processing, storage, opening of canned foods, and timetables for processing.

FP0064
KERR GUIDE TO HOME CANNING AND FREEZING
Kerr Glass Mfg., Corp., 1979
12 p. : free : (GP)

Provides instructions for the home canning of fruits and vegetables. Outlines the canning of fruit without sugar and charts the approximate yields of some produce.

FP0065
CANNING CANADIAN FRUITS AND VEGETABLES
(Publication 1560)
Agriculture Canada (1), 1976
29 p. : free : (GP)

A guide to successful canning of fruits and vegetables. Includes section of answers to questions most commonly asked regarding canning.

FP0066
ADDITIVES AND OUR FOOD HERITAGE
Kraft Inc. (3), [1979?]
[18] p. : free : (GP)

Examines the beneficial effects of additives in order to explain their role in our modern food system.

FP0067
GOOD MORNING YOUR "BREAKFAST CHEMICALS"
Chemical Manufacturers Association
[2] p. : single copy free : (GP)

A chemist's view of a breakfast menu consisting of cantaloupe, scrambled eggs, ham, toast, coffee cake, and coffee or tea. Emphasizes that chemicals, man-made or natural, are everywhere.

FP0068
ADDITIVES: PART TWO
Oscar Mayer and Company, [1978?]
[4] p. : single copy free : (GP)

Discusses organic foods, sodium nitrite, botulism, and monosodium glutamate. Includes list of amino acids, enzymes, fatty acids, salts, vitamins, and miscellaneous substances found in milk.

FP0069
AGRICULTURAL POLICY AND ECONOMIC ISSUES
Oklahoma State University, 1979
[3] p. : single copy free : (GP)

Covers the issues, impacts and current status of nitrite in cured meats.

FP0070
GENERAL POLICIES IN REGARD TO IMPROVEMENT OF NUTRITIVE QUALITY OF FOODS
National Academy of Sciences (2), 1973
6 p. : single copy free : (P)

A policy statement of the Food and Nutrition Board of the National Academy of Sciences-National Research Council.

FP0071
NITRITE IN BACON
(ESCS-44)
USDA (5), 1978
5 p. : single copy free : (P)

A summary analysis of possible economic impacts from the ban on the use of sodium nitrite in curing bacon.

FP0072
FOOD ADDITIVES
University of Minnesota, 1978
[4] p. : single copy free : (GP)

Defines additives and discusses the two broad types and principle categories. Lists the major uses of additives. Assesses risk and reviews additives which have been banned. Includes lists of appropriate and inappropriate uses of additives as well as a list of references.

FP0073
FORTIFICATION OF NONFAT MILK SOLIDS WITH VITAMINS A AND D
American Medical Association (2), 1966
1 p. : single copy free : (P)

Outlines the importance of fortifying nonfat milk solids with fat-soluble vitamins A and D, in order to improve the deficient diets that exist in many areas of the world where emergency relief programs have been set up.

FP0074
IMPROVEMENT OF THE NUTRITIVE QUALITY OF FOODS
American Medical Association (2), 1973
[3] p. : single copy free : (P)

Discusses the general policies and guidelines established for the purpose of improving the nutritive quality of foods.

FP0075
NITRITE IN MEAT-FACTSHEET
University of Minnesota, 1975
[2] p. : single copy free : (GP)

Reviews the history and purpose of nitrite, how it works, levels added, what happens to it during the curing process, and its toxicity level in the adult human. Discusses nitrosamines and what is known about them to date. Briefly talks about the FDA, the agency which controls usage of nitrites.

FP0076
NO-NITRATE MEATS: HANDLE CAREFULLY
USDA (7), 1979
[6] p. :single copy free : (GP)

Reviews the purpose of nitrite in meat and explains the difference between cured and uncured meats. Includes tips for handling uncured meat products.

FP0077
NITRATE POISONING OF BABIES
Saskatchewan Health, 1976
[4] p. : single copy free : (GP)

Discusses nitrate in well-water and how a baby will react to an excess of it. Reviews the importance of and method for testing well-water, and provides tips on what to do if the water is unsafe for an infant.

FP0078
FOOD PRESERVATION WITH HONEY-JAMS AND PRESERVES
California Honey Advisory Board, [197-?]
[6] p. : single copy free : (GP)

Recipes for jams and preserves using honey instead of sugar. Includes brief notes on the characteristics of honey and products using honey.

FP0079
PESTICIDES AND THEIR SAFE USE
Canadian Agricultural Chemicals Association, 1975
50 p. : single copy free : (GP)

Gives people who use chemical pesticides the knowledge they require to use these products safely and effectively.

FP0080
FOOD ADDITIVES - WHO NEEDS THEM?
Chemical Manufacturers Association, 1979
11 p. : single copy free : (GP)

Purpose of this publication is to make the "whys" of additives more understandable.

FP0081
LIFESTYLE CHEMICAL STYLE
Chemical Manufacturers Association, [19777]
24 p. : single copy free : (GP)

Intended to show the chemical industry in its vital role - the indispensable element in our lifestyle.

FP0082
CONSUMER MEMO - MICROWAVE OVEN RADIATION
US DHEW (2), 1979
[8] p. : single copy free : (GP)

Outlines what microwave radiation is, how to cook with microwaves, the microwave oven safety standard in the U.S., the oven's effect on health, how to check oven leakage, and tips on safe microwave oven operation.

FP0083
MAKING FOOD SAFE
Oscar Mayer and Company, [1979?]
[8] p. : single copy free : (P)

An activity master program, consisting of five activity masters. Teaches third, fourth, and fifth graders about food composition, processing, and distribution.

FP0084
HOME CANNING
Institute of Food Technologists, 1977
5 p. : $0.50 : (P)

Outlines the importance of time and temperature in safe canning, scientific canning methods, traditional methods, effect of acidity in foods being canned, and recommendations for the best procedures to prevent potential dangers.

FP0085
THE RISK/BENEFIT CONCEPT AS APPLIED TO FOOD
Institute of Food Technologists, 1978
6 p. : $0.50 : (P)

Reviews the various practices and assumptions of the modern-day food system and the risks and doubts raised in the minds of the public.

FP0086
PHTHALATE IN FOOD
Institute of Food Technologists, 1976
[2] p. : $0.50 : (P)

Discusses the reasons phthalates are used, summarizes their toxicological properties and evaluates their use in food packaging materials in the context of their total use in the environment.

FP0087
SOME QUESTIONS AND ANSWERS ABOUT CANNED FOODS
(FDA 76-2013)
US DHEW (2), 1976
[1] p. : free : (GP)

Basic questions and answers about canned foods are presented for the consumer.

FP0088
SYMPOSIUM ON SPECIFICATIONS FOR FOOD CHEMICALS
National Academy of Sciences (2), 1975
61 p. : single copy free : (P)

Summary of the proceedings of a symposium which reviewed the food chemicals codex.

FP0089
NITRITES, NITRATES, AND NITROSAMINES IN FOOD - A DILEMMA
Institute of Food Technologists, 1972
[4] p. : $0.50 : (P)

Outlines the origin of use, amounts permitted in foods toxicity studies, recent interest in nitrosamines and reasons for not eliminating nitrites.

FP0090
BOTULISM
Institute of Food Technologists, 1972
[41] p. : $0.50 : (P)

Discusses the incidence of botulism, the danger of home-preserved foods, methods of commerical control, and general procedures to keep foods safe.

FP0091
THE EFFECTS OF FOOD PROCESSING ON NUTRITIONAL VALUES
Institute of Food Technologists, 1974
[4] p. : $0.50 : (P)

Evaluates food processing from a nutritional standpoint. Examines the trade-off between increased food availability and the effects that processing has on nutrition.

FP0092
SULFITES AS FOOD ADDITIVES
Institute of Food Technologists, 1975
4 p. : $0.50 : (P)

Reviews the amount of sulfite used in food, how much is consumed in the diet, how safe dietary sulfites are, the toxicity level, and the importance of thiamine intake.

FP0093
MERCURY IN FOOD
Institute of Food Technologists, 1973
[2] p. : $0.50 : (P)

Discusses mercury's status in the environment and whether or not it presents a potential danger to our food supply.

FP0094
NATURALLY OCCURRING TOXICANTS IN FOODS
Institute of Food Technologists, 1975
6 p. : $0.50 : (P)

Points out that many potentially harmful substances are present in the diet without presenting a significant hazard to the eater and that this applies equally to "natural" foods as well as processed foods.

FPCC95
THE CAN WITH A STORY
Health and Welfare Canada (8), [1978?]
[1] p. : free : (GP)

A tearsheet describing the signs of spoilage in canned foods.

FPCC96
PRACTICES USED FOR HOME CANNING OF FRUITS AND VEGETABLES
(HERR-43)
by C. A. Davis and L. Page
USDA (1) or (5), 1979
65 p. : single copy free : (P)

Results of a survey to determine home canning practices and procedures used by consumers. An example of the questionnaire used is included.

FP0097
FOOD AND WATERBORNE DISEASE, ANNUAL SUMMARY 1977
US DHEW (27), 1979
87 p. : single copy free : (P)

This report summarizes information recieved from state and local health departments, the Food and Drug Administration, the U.S. Department of Agriculture, and other pertinent sources. The information is preliminary and is intended primarily for use by those with responsibility for disease control activities.

FP0098
GUIDE FOR INVESTIGATING FOODBORNE DISEASE OUTBREAKS AND ANALYZING SURVEILLANCE DATA
by Bryan, F.L.
US DHEW (27), 1973
98 p. : single copy free : (P)

This guide reviews basic principles of disease surveillance and epidemiological investigation and gives example of procedures and calculations that are useful in field investigation, analysis, and interpretation of data.

FPCC99
FOODBORNE DISEASES OF CONTEMPORARY IMPORTANCE
by Bryan, F.L.
US DHEW (27), 1977
43 p. : single copy free : (P)

A reprint from the Journal of Milk and Food Technology which reviews epidemiological data on foodborne diseases, evaluates emerging problems, and establishes control procedures that are specifically related to factors that contribute to outbreaks.

FP0100
DISEASES TRANSMITTED BY FOODS
(CDC 78-8237)
by Bryan, F.L.
US DHEW (27), 1978
63 p. : single copy free : (P)

This reference summarizes the following data: euologic agents and their nature, sources, and important reservoirs, epidemiology, foods frequently involved in outbreaks, specimens and samples to take in outbreak investigations, laboratory approaches, and general control measures of foodborne diseases that have been reported throughout the world.

FPC101
ANTIBIOTICS AND THE FOODS YOU EAT
(FDA 78-6011
US DHEW (2), 1978
[2] p : free : (GP)

Discusses the many uses of antibiotics in our food supply.

FPC102
BHT AND BHA AS FOOD ADDITIVES
(FDA 78-2037)
US DHEW (2), 1978
1 p. : free : (GP)

Outlines the use of butylated hydroxytoluene and butylated hydroxyanisole, BHT and BHA, as preservatives and antioxidants for fats and oils.

FPC103
ALBUMIN, SODIUM ERYTHORBATE AND LECITHIN
(FDA 74-2041)
US DHEW (2), 1974
1 p. : free : (GP)

Defines the use of the three substances.

FPC104
FOOD STANDARDS
(FDA 76-2024)
US DHEW (2), 1976
[2] p. : $0.50 : (GP)

Reviews the background and purpose of American food standards and what they do for the consumer.

FPC105
FOODBORNE AND WATER-BORNE DISEASE IN CANADA 1976
Health and Welfare Canada (7), 1980
92 p. : single copy free : (P)

This report summarizes information received from federal, provincial, regional, and municipal agencies on food-borne and water-borne disease occuring in 1976 in Canada.

FP0106
FOOD ADDITIVES - WHAT DO YOU THINK?
Health and Welfare Canada (8), 1980
57 p. : single copy free : (P)

Report of a 1979 survey conducted to assess consumer attitudes and knowledge of food additives. The need for improved information programs on chemicals in foods was one of the report's conclusions.

FP0107
CONSUMER NUTRITION KNOWLEDGE SURVEY-REPORT 1, 1973-74
(FDA 76-2058)
US DHEW (30), 1976
109 p. : single copy free : (P)

Explains the design of the survey and presents findings in detail. A series of reprints from FDA Consumer are included.

FP0108
HEALTH PROTECTION BRANCH - FOOD PLANT INSPECTION
(Dispatch No. 21)
Health and Welfare Canada (8), 1972
3 p. : free : (P)

Discusses the science applied to enforcing consumer protection laws for food.

FP0109
AFLATOXIN ANALYSIS FOR CONSUMER PROTECTION
(Dispatch No. 26)
Health and Welfare Canada (8), 1973
[2] p. : free : (P)

Aflatoxin, a toxic substance formed by a mould commonly associated with peanuts, is described and efforts to monitor its activity are explained.

FP0110
MICROBIAL FOOD POISONING
(Dispatch No. 32)
Health and Welfare Canada (8), 1974
4 p. : free : (P)

Toxinogenic and infectious organisms, temperature control, and government standards are briefly summarized.

FP0111
MICROWAVE OVENS
(Dispatch No. 38)
Health and Welfare Canada (8), 1975
3 p. : free : (P)

The safety and use of microwave ovens are briefly summarized.

FP0112
DAIRY MICROBIOLOGICAL TESTS
(Publication 22)
Ontario Ministry of Agriculture and Food, [1964?]
21 p. : free : (P)

The practical microbiological tests used by the dairy industry are presented in a concise manner for dairy school students, lab technicians, dairy fieldmen, and others.

FP0113
MICROBIOLOGY IN RELATION TO AGRICULTURE
(Publication 465)
Ontario Ministry of Agriculture and Food, [1967?]
43 p. : $0.35 : (P)

A condensed manual on microbiology and agriculture for farmers, gardeners and country dwellers.

FP0114
SOME QUESTIONS AND ANSWERS ABOUT FOOD ADDITIVES
(FDA 78-2094)
US DHEW (2), 1978
[2] p. : free : (GP)

Briefly explains the GRAS List, the Delaney Clause, the use and functions of food additives, and food additive definitions.

FP0115
MECHANICALLY DEBONED RED MEAT, POULTRY, AND FISH
Institute of Food Technologists, 1979
[4] p. : $0.50 : (P)

A summary of the status of mechanically deboned meat. Bone fragments, trace elements, microbial hazards, nutritional value and legislation are covered.

FP0116
SALMONELLOSIS
(Extension Bulletin 339)
by Edmund A. Zottola
University of Minnesota, 1967
14 p. : $0.30 : (GP)

An overview of salmonellosis. Includes a list of references.

FP0117
STAPHYLOCOCCUS FOOD POISONING
(Extension Bulletin 354)
by Edmund A. Zottola
University of Minnesota, 1968
14 p. : $0.30 : (GP)

Covers foods frequently contaminated, factors causing illness, prevention, reported outbreaks, and a list of references.

FP0118
CLOSTRIDIUM PERFRINGENS FOOD POISONING
(Extension Bulletin 365)
by Edmund A. Zottola
University of Minnesota, 1971
14 p. : $0.30 : (GP)

An overview of C. perfringens food poisoning. A list of references is included.

FP0119
BOTULISM
(Extension Bulletin 372)
by Edmund A. Zottola
University of Minnesota, 1976
14 p. : $0.30 : (GP)

An overview of botulism. A list of references is included.

FP0120
101 QUESTIONS AND ANSWERS ON FOOD PRESERVATION
(Agdex 1150)
Alberta Agriculture, 1974
20 p. : single copy free : (GP)

Provides answers to questions on canning, meat processing, pickling and freezing.

FP0121
ANTIOXIDANTS: AN OVERVIEW
(No. 2123)
Kellogg Company, [1979?]
[3] p. : free : (GP)

Discusses the use of BHA, BHT, propyl gallate and tocopherals in cereal products.

FP0122
JAM AND JELLY MAKING - A PLEASURABLE ART
General Foods (1), [1976?]
[28] p. : free : (GP)

Provides jam and jelly recipes, organized by monthly availability of various fruits.

FP0123
CARE FOR YOUR FROZEN FOODS
Ontario Ministry of Agriculture and Food, 1975
[8] p. : single copy free : (GP)

Covers storage temperature, shopping for frozen foods, and handling frozen foods at home. Safety and quality guidelines for refreezing foods are included in chart form.

FP0124
THE CERTO INFORMATION KIT
General Foods (1), [1976?]
[6] p. : free : (GP)

Basic facts about jam and jelly-making are presented along with recipes.

FP0125
ANTIBIOTICS IN ANIMAL FEEDS
(FDA 78-6026)
US DHEW (2), 1978
[4] p. : free : (GP)

Discusses the nature and control of antibiotic use in animal feeds.

FP0126
MILESTONES IN U.S. FOOD AND DRUG LAW HISTORY
(FDA 74-1017)
US DHEW (2), [1974]
[1] p. : free : (GP)

A brief summary of the history of American food and drug laws.

FP0127
MORE THAN YOU EVER THOUGHT YOU WOULD KNOW ABOUT FOOD ADDITIVES - PART III
(FDA 79-2119)
US DHEW (2), 1979
[4] p. : free : (GP)

An outline of the use of colours, flavors, sweeteners, and aids to processing.

FP0128
THE ADDITION OF NUTRIENTS TO FOOD
(Dispatch No. 49)
Health and Welfare Canada (8), 1980
6 p. : free : (P)

Explains factors influencing current regulations concerning the addition of nutrients to foods.

FP0129
PUBLIC HEARINGS INTO THE USE OF PESTICIDES AND HERBICIDES IN ALBERTA
Canadian Agricultural Chemicals Association, 1974
38 p. : single copy free : (P)

An attempt by the Canadian Agricultural Chemicals Association to promote, in the interest of the public, the development of the pest control chemicals industry in Canada so that it may acequately serve Canadian agriculture. Includes recommendations by the Association.

FP0130
DOES NITRITE CAUSE CANCER? CONCERNS ABOUT VALIDITY OF FDA-SPONSORED STUDY DELAY ANSWER
(HRD-80-46)
US General Accounting Office, 1980
89 p. : single copy free : (P)

Discusses a controversial study conducted by the Massachusetts Institute of Technology for the FDA, which indicated that nitrite may cause cancer.

FP0131
HEALTH IMPLICATIONS OF CONTAMINANTS IN FISH
Ontario Ministry of the Environment, 1978
131 p. : single copy free : (P)

Identifies the contaminants, their source, control, monitoring, and effects on fish. Details the effects of contaminants on human health. Includes recommendations for consumption of fish containing contaminants. Outlines contaminant levels in fish. Includes table outling allowable fish consumption by species and waterbody.

FP0132
MICROBIOLOGICAL QUALITY OF DRINKING WATER
Health and Welfare Canada (7), 1977
82 p. : single copy free : (P)

Discusses bacteriological quality of raw and treated drinking water, and reviews literature pertaining to the microbiological quality of drinking water. Includes references and recommendations.

FP0133
FOOD-BORNE DISEASE IN CANADA-ANNUAL SUMMARY 1975
Health and Welfare Canada (7), 1979
106 p. : single copy free : (P)

Summarizes information received from federal, provincial, regional, and municipal agencies on foodborne and waterborne disease occuring in 1975 in Canada.

FP0134
NEED TO RESOLVE SAFETY QUESTIONS ON SACCHARIN
(HRD-76-156)
US General Accounting Office, [1976]
32 p. : single copy free : (P)

Discusses the need for the FDA to resolve safety questions on saccharin.

FP0135
REGULATION OF THE FOOD ADDITIVE ASPARTAME FOOD LABELLING: SHORTCOMINGS, GOALS AND PROPOSED CHANGES
(HWD-76-111)
US General Accounting Office, 1976
150 p. : single copy free : (P)

Reviews methods for determining the safety of three additives, cosmetic red No. 2, saccharin, and aspartame, for use in food. Reports on the implementation of the Fair Packaging and Labeling Act and related food labelling laws and the improvements needed.

FP0136
USE OF CANCER-CAUSING DRUGS IN FOOD-PRODUCING ANIMALS MAY POSE PUBLIC HEALTH HAZARD: THE CASE OF NITROFURANS
(HWD-76-85)
US General Accounting Office, 1976
53 p. : single copy free : (P)

Reviews the FDA'S regulation of nitrofurans and contains a recommendation to the Secretary of Health, Education, and Welfare.

FP0137
FEDERAL EFFORTS TO PROTECT THE PUBLIC FROM CANCER-CAUSING CHEMICALS ARE NOT VERY EFFECTIVE
(HWD-76-59)
US General Accounting Office, 1976
57 p. : single copy free : (P)

Describes the problems federal agencies face in trying to protect the public from cancer-causing chemicals and recommends certain actions to improve protection.

FP0138
COLLABORATIVE USDA, FDA AND AMI STUDIES ON SODIUM NITRITE IN CURED MEAT PRODUCTS
by J.C. Board
Oscar Mayer and Company, 1977
33 p. : single copy free : (P)

Combined effort of USDA, FDA, and AMI to develop a greater knowledge and understanding of the roles of sodium nitrite and sodium nitrate in processed cured meats.

FP0139
MICROBIOLOGICAL, CHEMICAL AND SENSORY EVALUATION OF PROCESSED AND UNPROCESSED HOMEMADE PICKLES
by Ann Thomassen
Agriculture Canada (2), 1978
57 p. : single copy free : (P)

Examines microbiological growth, chemical characteristics and sensory qualities of processed and unprocessed homemade pickles.

FB0140
TGA IN POTATOES
(Publication 1533)
Agriculture Canada (1), 1974
[3] p. : single copy free : (P)

Explains what TGA (total glycoalkaloids) are, and why they are found in potatoes. Lists ways of controlling TGA levels. Charts the levels in different types of potatoes and different parts of the potato.

FB0141
FOOD COLORS
(FDA 74-2054)
US DHEW (2), 1974
[1] p. : free : (GP)

Colour additives and their uses are briefly outlined for the consumer.

FB0142
PROTECTION IS OUR MIDDLE NAME
Health and Welfare Canada (8), [1975?]
[2] p. : free : (GP)

Explains the role of the Health Protection Branch, Health and Welfare Canada, in health protection and research.

FB0143
CONSUMER NUTRITION KNOWLEDGE SURVEY - REPORT 2
(FDA 76-2059)
US DHEW (30), 1976
[169] p. : single copy free : (P)

A nationwide study of knowledge, beliefs, attitudes, and reported behaviour regarding food and nutrition. Also reviews factors related to nutrition labelling.

FOOD PURCHASING, STORAGE AND PREPARATION (FR)

FBCC01
MEETING THE WEEKDAY BREAKFAST CHALLENGE
General Foods (1), [1978?]
[3] p. : free : (GP)

Provides a variety of suggestions designed to motivate "breakfast-skippers".

FBCC02
BREAKFAST IS IMPORTANT FOR YOU
General Mills (2), [1978?]
[1] p. : free : (GP)

Briefly outlines the importance of breakfast and the basic components necessary for a good start to the day.

FBCC03
FOODS TO GO ON
Purity Supreme Inc., [1978?]
[6] p. : single copy free : (GP)

Breakfast, lunch, and snack ideas to keep going on throughout a busy day. Recipes included.

FB0004
THE FINE ART OF SNACKING FROM FEELING GOOD.
Saskatchewan Health, 1979
[7] p. : single copy free : (GP)

Lists three snacking problems, combinations of foods to avoid in snacking, and snacks for the calorie conscious.

FB0005
THE QUICK AND EASY BREAKFAST
Nova Scotia Department of Health, 1979
3 p. : single copy free : (GP)

Suggests ways of preparing nutritious breakfasts quickly and easily. Includes lists of quick, regular and special breakfasts.

FB0006
THE CARE AND COOKING OF ALBERTA WILD GAME
(Publication 1132-50)
Alberta Agriculture, 1976
17 p. : single copy free : (GP)

Outlines proper dressing, skinning, and quartering of freshly killed wild game, the variations in flavour, and cooking methods used. Includes recipes and storage and freezing directions for game meat.

FBCC07
WINE MAKING IN SMALL QUANTITIES
(Publication 321)
Ontario Ministry of Agriculture and Food, [1975?]
28 p. : single copy free : (GP)

A guide for the amateur wine maker to aid in making wine in small quantities from fresh grapes and other fruit grown in Ontario.

FBCC08
SUPER SILLY STREET SCHOOL SATURDAY SECRET SNACKS
Nova Scotia Department of Health, 1979
[8] p. : single copy free : (GP)

Lists foods for snacking under the categories of silly, street, school, and Saturday. Includes a secret snacks crossword puzzle and tips on "snacking sense".

FBCC09
SNACKING-A GUIDE TO GOOD CHOICES
New Brunswick Department of Health, [1978?]
[5] p. : single copy free : (GP)

Discusses the four food groups and explains why some foods may not be good choices for snacking.

FBCC10
THE LUNCH BOX
New Brunswick Department of Health, 1979
[6] p. : single copy free : (GP)

Reviews the basics for making lunch a meal which supplies 1/4 to 1/3 of the body's daily need for food.

FBCC11
FOOD HINTS FOR CAMPING AND BACKPACKING
Alberta Agriculture, [1978?]
[7] p. : single copy free : (GP)

Explains how to calculate food amounts needed, rules for food selection, special tips on food, menu ideas, and easy-to-prepare recipes.

FBCC12
SEND A GOOD LUNCH
Saskatchewan Health, 1975
[5] p. : single copy free : (GP)

Outlines tips on planning a good lunch, ways of packing it, sandwich filling suggestions, and a variety of menus.

FBCC13
BREAKFAST, ANYONE?
Kellogg Company, [1979]
[3] p. : free : (GP)

Discusses the importance of breakfast, how to form good breakfast habits, what a good breakfast consists of, menu planning, and the availability of nutritious ready-to-eat cereals.

FBCC14
KICK THE SWEET SNACK HABIT
American Dental Association (2), 1975
[2] p. : single copy free : (GP)

Explains the effect of sweets on the teeth. Lists foods from each food group which are healthy snacks.

FBCC15
MINI-MENUS FOR SINGLES AND DOUBLES
Stokely-Van Camp Inc., [1979?]
15 p. : single copy free : (GP)

Suggests delicious meals that require little effort and offer great variety. Outlines the proper cooking and care of canned foods. Includes recipes.

FBCC16
GROWING UP WITH BREAKFAST
Kellogg Company, 1977
16 p. : free : (GP)

A guide to nutritious meals for children. Discusses ready-to-eat cereals and dental health.

FBCC17
LUNCH ON THE RUN
Health and Welfare Canada (6), 1979
[10] p. : free : (GP)

Looks at food and fitness, the four food groups, food and lifestyle, exercise and weight control, and lunch on the run.

FBCC18
SNACKING ON A WEIGHT-CONTROL PROGRAM
Weight Watchers International, Inc., 1978
14 p. : free : (GP)

Discusses how to snack without building a constant urge to eat. Recipes included.

FBCC19
SNACKS-FOOD FOR THOUGHT
Ontario Ministry of Health, [1978?]
[5] p. : free : (GP)

Looks at the importance of wise between-meal snacking. Includes lists of foods according to varying degrees of nutritional acceptability.

FBCC20
WHAT FOODS GIVE US BOUNCE-QUESTIONS AND ANSWERS
Kellogg Salada Canada Ltd., 1978
[3] p. : free : (GP)

Emphasizes the importance of breakfast and includes a basic menu plan.

FBCC21
TO BREAKFAST OR NOT TO BREAKFAST
Kellogg Salada Canada Ltd, [1977?]
[6] p. : free : (GP)

Discusses why breakfast is needed. Includes a breakfast nutrition guide which outlines the essential nutrients and a basic breakfast menu.

FB0022
BREAKFAST IN 5 MINUTES
Canadian Egg Marketing Agency : Ontario Egg Producers Marketing Board [distributor], [1978?]
[5] p. : free : (GP)

Quick breakfast recipes using eggs. Includes "breakfast in a glass" and "breakfast on a plate".

FB0023
COOKING FOR 1 OR 2
Dominion Stores Ltd., [1978?]
[4] p. : free : (GP)

Outlines how much to serve and buy, time saving ideas, and menus. Recipes included.

FB0024
NUTRITION WHEN YOU ARE ON YOUR OWN
Alberta Social Services & Community Health, [1978?]
[10] p. : single copy free : (GP)

Discusses the major nutrients and functions from the different food groups of Canada's Food Guide. Sample menus, shopping, preparation and food storage are also covered.

FB0025
PLANNING GOOD MEALS
Health and Welfare Canada (9), 1978
[10] p. : free : (GP)

Includes a quiz to aid the consumer in determining the use of food dollars and a page for estimating the value of groceries for one week. Best buys within the four food groups and unit pricing are discussed. Recipes included.

FB0026
MEAL PLANNING
H. J. Heinz Company of Canada, Ltd. (1), [1978?]
[6] p. : free : (GP)

A brief discussion of the various aspects of meal planning including nutritional value, psychological factors, budget, time, and energy.

FB0027
SHOPPING FOR FOOD AND NUTRITION
Agriculture Canada (1) or Health and Welfare Canada (1), 1980
32 p. : free : (GP)

Practical guidlines to help Canadians shop wisely and carefully for food and nutrition.

FB0028
FIVE BASIC METHODS OF EGG COOKING (E-0028)
American Egg Board, 1976
[6] p. : $0.02 : (GP)

Outlines how to fry, scramble, cook in the shell, poach, and bake eggs. Recipes included.

FB0029
HOW TO 'PITCH-IN' IN THE KITCHEN WITH FAMILY MEALS
Kraft, Inc. (4), 1979
[4] p. : free : (GP)

Discusses menu planning, food shopping, and food preparation. Includes a menu plan and recipes.

FB0030
FISH 'N SEAFOOD SHOWCASE-NUMBER 2
Fisheries and Oceans Canada (2), [1978?]
[6] p. : free : (GP)

Discusses the buying and storing of fresh and frozen fish. Outlines the methods of cooking fish and examines the protein, fat, vitamins, and minerals in fish. Recipes included.

FB0031
FISH 'N SEAFOOD SHOWCASE-NUMBER 1
Fisheries and Oceans Canada (2), 1978
[4] p. : free : (GP)

Outlines how to scale, clean, fillet, bone, and skin fish. Also discusses the preparation of lobsters and oysters, and the cooking and deveining of shrimp.

FB0032
BAKE IT IN THE MICROWAVE
Campbell Soup Company, Ltd. (2), [1977]
22 p. : free : (GP)

An introduction to the microwave oven and how it works. Includes dinner menus plus a wide variety of recipes for each meal.

FB0033
EGGS IN THE MICROWAVE (E-0043)
American Egg Board, [1978?]
[8] p. : $0.02 : (GP)

A guide to cooking eggs in a variety of recipes using the microwave oven.

FR0034
CREPES, CREPES, CREPES!
(E-C040)
American Egg Board, 1977
[14] p. : $0.02 : (GP)

Discusses the traditional pan, dip pan and electric dip pan, as well as the handling of crepes. Includes a wide variety of recipes.

FR0035
THE WAY TO COOK FISH
Fisheries and Oceans Canada (2), 1975
26 p. : free : (GP)

Discusses how to buy and store fish as well as the various methods of cooking it. Outlines briefly the general nutrient composition of different types of fish.

FR0036
CHICKEN SANDWICH BOOK
Ontario Chicken Producers Marketing Board, [1979?]
[6] p. : free : (GP)

Provides hints on sandwich making and seasoning for the chicken sandwich. Includes recipes for hors d'oeuvres, sandwich fillings, and special sandwiches.

FR0037
BUYING MEAT BY COST PER SERVING
by E. J. Epley and I. P. Wolf
University of Minnesota, 1978
[2] p. : single copy free : (GP)

A guide to selective shopping by using the cost-per-serving system. Looks at the specific purpose of meat, methods of cooking it, and its palatability. Includes figures for cost-per-servings of different cuts at various purchase prices.

FR0038
THE LABEL IS MORE THAN DECORATION
The Pillsbury Company, 1977
[8] p. : single copy free : (GP)

Briefly outlines the history of nutrition labels and how to use them. Looks at the major nutrients and what they do in the body. American standards are used.

FR0039
QUICK BREAKFASTS FOR PEOPLE ON THE GO
British Columbia Ministry of Health, [1978?]
[8] p. : single copy free : (GP)

Discusses the importance of breakfast and various menu possibilities. Includes a guide to a good breakfast, sample breakfasts, and recipes.

FR0040
SNACKS SNACKS SNACKS
Manitoba Department of Health and Community Services, 1978
[4] p. : single copy free : (GP)

Lists snack foods under the following headings: juicy, crunchy, thirsty, hungry, and high on iron.

FR0041
HOW TO BAKE PERFECT LEMON MERINGUE PIE FROM SUNKIST
Sunkist Growers, Inc., [1977?]
[4] p. : single copy free : (GP)

Includes directions for preparing meringue and filling. Suggests the best procedures, utensils, and techniques for making a successful meringue pie.

FR0042
ROBIN HOOD MULTIFOODS BAKE-IN. BASIC YEAST BREAD
Robin Hood Multifoods, Ltd., [1979?]
[4] p. : single copy free : (GP)

Outlines the methods used in the preparation of bread as well as each ingredient and its purpose. Discusses straight-dough and cool rise methods and illustrates the "rolled dough" method.

FR0043
MARTHA LOGAN'S MEAT HANDI-BOOK
Swift Canadian Company, Ltd., [1973]
16 p. : free : (GP)

Discusses how to buy, store, and cook meat. Considers the amount needed, tenderness desired, and time available. Explains the various cooking methods and the cuts of meat for which each is appropriate.

FR0044
SNACKS FOR GOOD NUTRITION AND DENTAL HEALTH
British Columbia Ministry of Health, [1978?]
[2] p. : single copy free : (GP)

Discusses healthy snacks under each of the four food groups and a few tips on snacking do's and dont's. Recipes included.

FR0045
NUTRITION LABELING
Institute of Food Technologists, 1974
6 p. : $0.50 : (P)

A scientific status summary discussing the need for informative labelling, the objectives of nutrition labelling, labelling standards, and the future of labelling.

FB0046
101 IDEAS WITH THE PARTY PRUNE
California Prune Advisory Board, [1979?]
[24] p. : free : (GP)

Lists 101 ideas for hors d'oeuvres, salads, entrees, snacks, baking, and desserts. Includes a brief note on nutrient composition and tips on preparation and use.

FB0047
HOW TO CHOOSE AND USE FRESH PEACHES
National Peach Council, [1977?]
[6] p. : free : (GP)

Includes information on the varieties of peaches available, how to pick them, how much to buy, the peach seasons, and the nutrient values.

FB0048
PEACH ICE CREAMS
National Peach Council, [1979?]
[4] p. : single copy free : (GP)

Instructions and recipes are included for the preparation of various peach ice creams, including a fat-free version.

FB0049
INSIDE INFORMATION ABOUT THE OUTSIDE OF THE PACKAGE
The Pillsbury Company, 1976
[12] p. : single copy free : (GP)

Shows how today's package labels include information which tells the consumer about the product. American standards are used.

FB0050
FOOD FOR YOUR FAMILY
Kellogg Salada Canada, Ltd., [1977?]
[12] p. : free : (GP)

Discusses the most valuable foods nutritionally, based on the four food groups. Includes a basic menu guide and sample menus.

FB0051
THE THREE SNACK GROUPS
Nova Scotia Department of Health, 1980
1 p. : single copy free : (GP)

Discusses two important considerations when selecting a snack; nutritional content and effect on dental health.

FB0052
CONSERVING THE NUTRITIVE VALUES IN FOODS (G-90)
USDA (3), 1976
16 p. : single copy free : (GP)

Calls attention to some of the important nutrients in foods that are affected by different practices of handling and preparation, and suggests ways in which these nutrients can best be conserved in the home.

FB0053
ROBIN HOOD MULTIFOODS BAKE-IN BASIC PASTRY DOUGH
Robin Hood Multifoods, Ltd., [1979?]
[4] p. : single copy free : (GP)

Defines the term "pastry" and outlines the ingredients used. Discusses preparation methods and illustrates the various pie edgings. Pastry tips and recipes included. Covers faults in pastry and their causes.

FB0054
MERINGUES MADE EASY
Ontario Egg Producers Marketing Board, [1979?]
[10] p. : free : (GP)

Provides instructions on the preparation and storage of meringues. Recipes included.

FB0055
OMELETTES MADE EASY
Ontario Egg Producers Marketing Board, [1977?]
[6] p. : free : (GP)

Introduces the omelette and the cooking utensil used as well as the technique of preparation. Recipes included.

FB0056
SOUFFLES MADE EASY
Ontario Egg Producers Marketing Board, [1979?]
[10] p. : free : (GP)

Generally describes the souffle, the dish used for cooking and the techniques involved. Recipes included.

FB0057
MEAT SHOPPER'S GUIDE
(Publication 1690)
Agriculture Canada (1), 1979
18 p. : free : (GP)

Provides a chart of the various cuts and grades of meat, and discusses buying and preparation procedures.

FR0058
CREPES MADE EASY
Ontario Egg Producers Marketing Board, 1979
[12] p. : free : (GP)

Describes a crepe and the pan used to cook it. Illustrates the shaping of the crepe into different forms. Recipes included.

FR0059
HOW TO BUY.....TO COOK BEEF
Canada Packers Ltd., [1979?]
[6] p. : single copy free : (GP)

Begins with an illustration of a side of beef and the various labelled cuts. Cuts are then shown under 3 divisions: tender, medium tender, and less tender. Outlines cooking methods and discusses government inspection and grading.

FR0060
CHICKEN IN THE WOK
Alberta Broiler Growers Marketing Board, [1978?]
[6] p. : free : (G)

Explains the wok and how to use it. Briefly outlines the boning of chicken breasts and thighs. Recipes included.

FR0061
GROUND BEEF FAVOURITES
Beef Information Centre, [1978?]
[2] p. : single copy free : (GP)

Includes information on nutritive value, storage, and selection. Recipes included.

FR0062
ALL ABOUT GARNISHES
Ekco Housewares Company, [1970?]
[8] p. : single copy free : (GP)

Names, describes, and discusses the use of tools in garnish preparation. Illustrates how inexpensive foods can be given a look of originality, variety, and luxury by the use of the proper tools and a little practice.

FR0063
ALL ABOUT KNIVES AND CARVING
Ekco Housewares Company, [1970?]
[6] p. : single copy free : (GP)

Illustrates and describes the use of each of 20 different knives.

FR0064
ALL ABOUT COOKWARE
Ekco Housewares Company, [1970?]
[6] p. : single copy free : (GP)

Provides information on how to choose, how to use, and how to care for various types of cookware.

FR0065
HOW CAN I TELL IF IT'S FRESH?
by E. Lovrien
Oscar Mayer and Company, [1972?]
[4] p. : single copy free : (GP)

Discusses how the freshness of a product relates to sanitation and inspection, processing, factors in stability, buying, curing ingredients, and dating. American standards are used.

FR0066
KITCHEN PLANNING AND HOME STORAGE
Rubbermaid Inc., 1977
19 p. : single copy free : (GP)

Offers solutions to the two big household problems of poorly designed kitchens and lack of storage space.

FR0067
FOOD STORAGE IN THE HOME FOR BEST FLAVOUR AND NUTRITION
(Publication 1695)
Agriculture Canada (1), 1979
[2] p. : free : (GP)

The food and maximum length of storage time is listed for the following storage areas; cupboard, refrigerator , and freezer.

FR0068
A PENNY SAVED
Manitoba Department of Health and Community Services, 1975
25 p. : single copy free : (GP)

A guide to getting more nutrition for the food dollar by spending less on calories, saturated fats, and sugar.

FR0069
MORE THAN JUST A PACKAGE
Kraft, Inc. (3), [1979?]
11 p. : single copy free : (GP)

Discusses the purposes and reasons for the packaging of an item. Shows that labelling is an attempt by the food industry to keep the consumer informed.

FR0070
FOOD SELECTION, STORAGE AND PREPARATION
Kraft, Inc. (3), 1978
23 p. : single copy free : (GP)

Offers simple guidelines to food selection, care, preparation, and safety.

FBOC71
CUTSMARTING THE CASH REGISTER
Kraft, Inc. (3), [1979?]
11 p. : single copy free : (GP)

A review of the factors affecting the food system from farm to supermarket. Helps to provide a better understanding of the food economy.

FBOC72
FOOD-YOUR BEST BUY
(Publication 1650)
Agriculture Canada (1), 1978
16 p. : free : (GP)

Gives some answers as to why food prices keep rising based on figures from Statistics Canada. It suggests ways of getting value while providing good nutrition.

FBOC73
A CONSUMER'S GUIDE TO FOOD LABELS
(FDA 77-2083)
by M. Morrison
US DHEW (2), 1979
[4] p. : free : (GP)

A rundown of the information most often found on food labels. American standards are used.

FBOC74
BEAT THE LABEL!
Oscar Mayer and Company, [1979?]
[2] p. : single copy free : (GP)

Outlines both the required and optional information Oscar Mayer places on labels and definitions of label terms. Ingredients used are listed and explained. American Standards are used.

FBOC75
FRESHNESS DATING
Oscar Mayer Company, 1978
[2] p. : single copy free : (GP)

Looks at Oscar Mayer's freshness control system and discusses storage life predictions and retailer and consumer responsibilities. American Standards are used.

FBOC76
NUTRITION LABELLING: HOW IT WORKS FOR YOU
The Pillsbury Company, [1979?]
[4] p. : single copy free : (GP)

Outlines the advantages of nutrition labelling for consumers, and how to use it when shopping and preparing foods or menus. American standards are used.

FBOC77
NUTRITION LABELING
Kellogg Company, [1979?]
[8] p. : free : (GP)

Discusses the uses of food labelling and provides information on how to read nutrition labels. American standards are used.

FBOC78
BEAT THE LABEL, SET A BETTER TABLE
US DHEW (2), 1976
[8] p. : single copy free : (GP)

A guide to nutritional labelling to aid the shopper in saving money and serving better meals. American Standards are used.

FBOC79
FOOD GLORIOUS FOOD. DO YOU SHOP FOR IT WISELY?
Saskatchewan Consumer Affairs, [1978?]
[9] p. : single copy free : (GP)

Outlines ways to escape the supermarket entrapments. Format consists of questions and answers followed by lists of do's and don't's.

FBOC80
THE FOOD LABEL GAME
Saskatchewan Consumer Affairs, [1979?]
[2] p. : single copy free : (GP)

Consists of nine lists of ingredients to which the consumer must match up everyday foods. Includes answers.

FBOC81
LABEL TALK
Saskatchewan Consumer Affairs, [1979?]
[4] p. : single copy free : (GP)

Consists of true or false questions to test the consumer's knowledge about product labelling.

FBOC82
WHICH ONE WOULD YOU CHOOSE?
Saskatchewan Consumer Affairs, [1979?]
[2] p. : single copy free : (GP)

A quiz of cost comparisons. The consumer chooses the item which would provide the most product for the least money.

FBOC83
LUNCHES DON'T HAVE TO BE BORING
Nova Scotia Department of Health, [1979?]
[8] p. : single copy free : (GP)

Discusses lunch food items from the four food groups, brown-bagging it, foods kids enjoy, home lunches, eating out, and making a packed lunch fun.

FB0084
YOUR SNACKS-CHANCE OR CHOICE?
(EC36)
National Dairy Council, 1980
2 p. : $0.10 : (GP)

A mini poster (8 1/2" X 11") showing a variety of nutritionally sound snacks. A teaching guide is included.

FB0085
FAMILY FOOD BUDGETING-FOR GOOD MEALS AND GOOD NUTRITION
(G-94)
by Betty Peterkin
USDA (1), 1979
15 p. : single copy free : (GP)

Presents the USDA family food plans at four levels of cost. Guides for estimating the food needs and food costs of families are included.

FB0086
TASTE TREAT FOR SENIORS
John Oster Manufacturing Company, [1977?]
[12] p. : free : (GP)

Outlines how to process favorite foods to a more convenient size or to a near-liquid consistency.

FB0087
LITE CUISINE
John Oster Manufacturing Company, [1980?]
[16] p. : free : (GP)

A collection of delicious low-calorie recipes.

FB0088
FOODS ALFRESCO
General Foods (1), [1979?]
ca. 25 p. : free : (GP)

Discusses outdoor cooking and offers handy tips and menus. Recipes included.

FB0089
BABY FOODS IN THE MICROWAVE
Gerber (Canada) Inc., [1980?]
[9] p. : free : (GP)

Outlines some tips about heating baby foods in a microwave oven.

FB0090
EGGS GO METRIC
Ontario Egg Producers Marketing Board, [1978?]
[6] p. : free : (GP)

Provides metric conversion tables, and includes recipes using metric measures.

FB0091
COOKING ONTARIO'S EGGS
Ontario Egg Producers Marketing Board, [1979?]
25 p. : free : (GP)

Outlines the basic ways to prepare and use the multipurpose egg. Includes recipes, egg tips, and grading information.

FB0092
BARBECUE OVER THE COALS WITH ONTARIO PORK
Ontario Pork Producers Marketing Board, [1977?]
[12] p. : free : (GP)

Discusses the general method of barbecuing with a list of useful tips. Recipes included.

FB0093
GENERAL FOODS KITCHENS RECIPE FAVORITES
General Foods (1), [1977?]
[8] p. : free : (GP)

General Foods 25th anniversary was celebrated by compiling this booklet of favourite recipes.

FB0094
EGGSPERIMENTING WITH YOUR MICROWAVE OVEN.
Canadian Egg Marketing Agency : Ontario Egg Producers Marketing Board [distributor], [1978?]
32 p. : free : (GP)

Offers workable, appetizing egg recipes for use in a microwave oven. Discusses the time tolerance of recipes in ovens delivering different wattages.

FB0095
THE PORTABLE LUNCH
Bakery Council of Canada, [1978?]
[8] p. : free : (GP)

Generally discusses everything one needs to know about making lunches.

FBOC96
CUTTING A RUTABAGE IS EASY
Ontario Rutabaga Producers Marketing Board, [1977?]
[6] p. : free : (GP)

Outlines what a rutabaga is and how to prepare it.

FBOC97
THE QUICK ROCK
Ms. Underwood Co., 1977
[16] p. : free : (GP)

Thirty-two different "quick and easy to prepare" recipes.

FBOC98
LABELING OF FATS AND OILS
(FDA 78-2078)
US DHEW (2), 1978
[1] p. : free : (GP)

Briefly explains American standards for the labelling of fats and oils.

FBOC99
MONEY SAVING MAIN DISHES
(G-43)
USDA (3) or (1), 1979
46 p. : single copy free : (GP)

Brings together information on the selection and preparation of the main dish for noon or evening meals. Considers economy of time, as well as of money, in the selection of the main dishes and menus. Each main dish provides one-fourth or more of the day's protein needs.

FBO100
YOUR MONEY'S WORTH IN FOOD
(Publication 470)
Ontario Ministry of Agriculture and Food, [1975?]
78 p. : single copy free : (GP)

Suggests ways to help meet all of the requirements necessary in order to get value for the food dollar. Includes a section on meal planning as well as tested recipes.

FBO101
THE OUTDOOR BARBECUE
(Publication 84)
by H. L. Orr and W. R. Osborne
Ontario Ministry of Agriculture and Food, [1977]
15 p. : single copy free : (GP)

Outlines the equipment needed, ways of producing the best fire, and the various aspects of both chicken and meat barbecues. Includes safety tips, recipes for sauces, and menu suggestions.

FBO102
HOME STORAGE ROOM FOR FRUITS AND VEGETABLES
(Publication 1478)
Agriculture Canada (1), 1977
15 p. : free : (GP)

Provides instructions with illustrations for constructing an inexpensive storage room in a variety of places. Includes tables on the storage life of fruits and vegetables and discusses some problems that may arise.

FBO103
NUTRITION LABELING-TOOLS FOR ITS USE
(AIB No. 382)
by B. Peterkin, J. Nichols and C. Crosswell
USDA (3) OR (5), 1975
57 p. : single copy free : (P)

Designed to help American people use the nutrition information on food labels to check and improve their diets. A food composition table is included.

FBO104
COMPUTERIZED SUPERMARKET CHECKOUT
(FDA 76-2043)
by T. Malben
US DHEW (2), 1978
[4] p. : free : (GP)

Describes the computerized laser beam system of checkout as a means of cutting down the customers' time in the supermarket.

FBO105
FEELIN' GOOD SHOPPER'S GUIDE
Saskatchewan Health, 1978
[8] p. : single copy free : (GP)

General tips on shopping for foods.

FBO106
CONSUMER USE OF NUTRITION INFORMATION ON FOOD LABELS
(Bulletin 844)
The State University of New Jersey, 1975
51 p. : single copy free : (GP)

Outlines the chronological development of labelling, and reports on various consumer use studies.

FB0107
FOOD GRADING IN CANADA
(Publication 1283)
Agriculture Canada (1), 1977
16 p. : free : (GP)

A guide to food grading procedures in Canada.

FB0108
ALBERTA SNACKS- BEST TO YOU FROM THE LAND
Alberta Agriculture, [1978?]
[6] p. : single copy free : (GP)

Includes snack recipes for six foods and a quiz on Alberta food products.

FB0109
EASY ON THE BUDGET MAIN DISHES AND DESSERTS
(Publication 1549)
Agriculture Canada (1), 1975
22 p. : free : (GP)

Features low-cost, high-protein main dish recipes.

FB0110
FOOD FOR THE FAMILY-A COST SAVING PLAN
(G-209)
by B. Peterkin, C. Cromwell and R. Vettel
USDA (1) or (3), 1976
22 p. : single copy free : (GP)

Designed for families who want to follow a low-cost food plan. Includes guides for planning well-balanced meals at low cost, along with information on food shopping and preparation.

FB0111
FOOD IN THE MORNING
by M. E. Downing and M. C. Mapes
Cornell University (2), 1977
[40] p. : $1.50 : (P)

Materials for four lessons on breakfasts are included in this kit along with a teaching guide. Each lesson involves 3-5 activities for a secondary school audience.

FB0112
LABELLING OF FATS AND OILS
(Dispatch No. 12)
Health and Welfare Canada (8), 1971
2 p. : free : (P)

Saturated fats, polyunsaturated fats, special diets, and food selection are covered in this summary.

FB0113
YOUR MONEY'S WORTH IN FOODS
(G-183)
by B. Peterkin and C. C. Junker
USDA (1) or (3), [1979?]
29 p. : single copy free : (GP)

Brings together information on meal planning and food shopping for consumers economizing on food.

FB0114
SHELF LIFE OF FOODS
Institute of Food Technologists, 1974
[4] p. : 30.50 : (GP)

A scientific status summary report covering storage, open-dating, and storage life-temperature relationships.

FB0115
NUTRITION LABELING-TERMS YOU SHOULD KNOW
(FDA 76-2012)
US DHEW (2), 1976
4 p. : free : (GP)

American food labelling terms are explained in this fact sheet.

FB0116
STORING PERISHABLE FOODS IN THE HOME
(G-78)
USDA (1) or (3), 1976
12 p. : single copy free : (GP)

Covers shelf and refrigerator storage of various types of foods and food products.

FB0117
FOOD FOR THRIFTY FAMILIES
USDA (1) or (3), 1978
22 p. : single copy free : (GP)

A sample of an economical meal plan for a one-month period for a family of four. Recipes are included.

FB0118
CAN YOUR KITCHEN PASS THE FOOD STORAGE TEST?
(FDA 74-2052)
US DHEW (2), 1974
[8] p : free : (GP)

Covers various aspects of food storage in the average consumer's kitchen.

FB0119
CONSUMER'S GUIDE
Federated Co-operatives Ltd., [1979?]
200 p. : $3.75 : (GP)

A series of information sheets on various food and other consumer topics are compiled in this handy reference book.

THE FOOD SYSTEM (FS)

FS0001
GUIDE TO FEDERAL AGRICULTURAL SERVICES
(Publication 1262)
Agriculture Canada (1), 1979
41 p. : free : (GP)

Outlines the agricultural services of the federal government as well as those provided jointly with the provinces.

FS0002
ORGANIZATION AND ACTIVITIES OF AGRICULTURE CANADA
(Publication 1123)
Agriculture Canada (1), 1979
84 p. : free : (GP)

A book explaining the organization and activities of Agriculture Canada. All of the ministry's branches, boards and commissions are discussed.

FS0003
FARMING IN CANADA
(Publication 1296)
Agriculture Canada (1), 1979
63 p. : free : (GP)

A general review of farming in Canada. Outlines physical and social conditions, types of production, how farm products reach the consumer, and federal government assistance to the farmer.

FS0004
FARM INCOME STABILIZATION IN ONTARIO
Ontario Ministry of Agriculture and Food, 1976
[8] p. : free : (GP)

Outlines the various aspects of Ontario stabilization plans and the procedure used for determination of payments.

FS0005
ONTARIO AGRICULTURE
Ontario Ministry of Agriculture and Food, [1978?]
16 p. : free : (GP)

Reviews facts concerning the agricultural industry and the goods produced in Ontario.

FS0006
FARM ROADSIDE MARKETING IN ONTARIO
(Publication 63)
Ontario Ministry of Agriculture and Food, [1975?]
31 p. : single copy free : (GP)

Discusses the various aspects of roadside marketing. Includes choosing a location, planning the market, mangement and quality control, advertising, and choosing the products to sell.

FS0007
AN EYE ON CHILDREN'S ADVERTISING
Council of Better Business Bureaus, [197-?]
[6] p. : single copy free : (GP)

Designed to inform consumers on how to file a complaint on a specific child-directed advertisement.

FS0008
AN EYE FOR CHILDREN'S ADVERTISING SELF-REGULATION A FIVE YEAR REPORT JUNE 1974-JUNE 1979
Randall A. Ripley Enterprises, Inc. : Council of Better Business Bureaus [distributor], [1980?]
50 p. : single copy free : (GP)

Provides background information on the Children's Units' activities and services and contains reference materials.

FS0009
CO-OP STORES AND BUYING CLUBS
(CEC 6148-2)
US Office of Economic Opportunity, 1972
77 p. : single copy free : (GP)

Provides information to community action agencies and others about the organization and development of co-op stores and buying clubs in low-income neighborhoods.

FS0010
SOME FACTS ON UNIT PRICING IN NEW YORK CITY AND UPSTATE NEW YORK SUPERMARKETS
(Staff Paper 72-1)
by E. Aitchison
Cornell University (3), 1972
18 p. : single copy free : (P)

Observes the appliction and performance of unit pricing.

FS0011
A FOCI STRATEGY FOR CANADA
Consumer and Corporate Affairs Canada (1), [1978?]
20 p. : single copy free : (F)

A discussion paper involving a food strategy for Canada. Income stabilization, trade policy, research, marketing, food aid, processing, distribution, and consumer concerns are covered.

FS0012
ESTIMATES OF CONSUMER LOSS DUE TO MONOPOLY IN THE U.S. FOOD MANUFACTURING INDUSTRIES
(WP-19)
by Russell C. Parker and John M. Connor
Food Systems Research Group, 1978
75 p. : single copy free : (P)

Annual "consumer loss" estimates are computed and compared for various food manufacturing industries.

FS0013
CONGLOMERATION AND CONSUMER LOSS IN THE FOOD MANUFACTURING INDUSTRIES
(WP-30)
by Russell C. Parker and John M. Connor
Food Systems Research Group, 1979
25 p. : single copy free : (P)

Explains how the financial strength of large corporations affects nearly every aspect of the American diet from nutrition to pricing and the actual shaping of consumer demand.

FS0014
PRICES AND QUALITY COMPARISONS OF NATIONAL BRAND AND PRIVATE LABEL FOOD PRODUCTS
(Staff Paper No. 77-11)
by S. H. A. Jafri and D. B. Lifferth
Cornell University (3), 1977
14 p. : single copy free : (P)

Examines the current pricing structure and price relationships between national brands and private labels. Compares selected quality attributes of products sold by each brand category.

FS0015
ALTERNATE APPROACHES TO CONSUMER PROTECTION
(A.E. Res. 74-11)
by G. Ayres and D. I. Padberg
Cornell University (3), 1975
27 p. : single copy free : (P)

Compares the policy formulation process which culminated in the "truth in packaging" legislation with that which produced nutritional labelling.

FS0016
UNIT PRICING IN SUPERMARKETS - ALTERNATIVES, COSTS AND CONSUMER REACTION
(Ag. Ec. 2)
by T. D. McCullough and D. I. Padberg
Cornell University (5), 1971
27 p. : single copy free : (P)

Discusses how costs will be affected by unit pricing in the conventional supermarket operation. Examines the possibilty of a shift in consumer purchase choices and attitudes.

FS0017
CONSUMER REACTION TO NUTRITION INFORMATION ON FOOD PRODUCT LABELS
(Ag. Ec. 4)
by B. J. Lenahan, J. A. Thomas, D. A. Taylor, D. L. Call and D. I. Padberg
Cornell University (5), 1972
27 p. : single copy free : (P)

Reviews the labelling format most acceptable to the consumer for presenting nutrition information.

FS0018
PRICING PERFORMANCE OF WEEKLY ADVERTISED SPECIALS IN NEW YORK STATE SUPERMARKETS
(Staff Paper No. 72-18)
by B. Aitchison
Cornell University (3), 1972
30 p. : single copy free : (P)

Observes the relationship between pricing performance and newspaper advertised prices in New York State supermarkets.

FS0019
DAIRY PROMOTION IN NEW YORK 1963-1979
(A.E. Res. 79-17)
by B. N. Stavins and O. D. Forker
Cornell University (3), 1979
262 p. : single copy free : (P)

Describes the history and structure of New York State's milk and diary product promotion programs in a national context.

FS0020
AN ASSESSMENT OF ONTARIO'S FROZEN FOOD SYSTEM
by D. A. Head, S. E. Brooks, and J. H. Wijs
Ontario Ministry of Agriculture and Food, 1972
44 p. : single copy free : (P)

Determines the position and potential for expanding frozen food production in Ontario. Includes some basic concepts of food preservation by freezing.

FS0021
MAZE OF FOOD REGULATIONS - NEED FOR A REGULATION INDEXING SYSTEM
(CED-80-44)
US General Accounting Office, 1980
35 p. : single copy free : (P)

Summarizes the work relating to the scope of federal food transportation including related regulations, the agencies responsible, and the parties affected.

FS0022
EVOLUTION OF AN INDUSTRY - WIDE GROWER MARKETING ORGANIZATION: THE CASE OF FLORIDA CITRUS MUTUAL
(A.E. Res. 143)
by J. G. Clarke
Cornell University (3), 1964
61 p. : single copy free : (P)

Describes the persistant attempts of producers in the Florida citrus industry to assert and maintain control over themselves, their industry, and their markets by means of regulation.

FS0023
AGRICULTURE CANADA ANNUAL REPORT 1978/1979
(Publication 5015)
Agriculture Canada (1), 1979
28 p. : free : (P)

Reviews, analyzes, and evaluates Agriculture Canada's activities for the year.

FS0024
AGRICULTURAL STATISTICS FOR ONTARIO 1977
(Publication 20)
Ontario Ministry of Agriculture and Food, [1977?]
54 p. : single copy free : (P)

A source of agricultural statistics for Ontario which has been compiled by the Statistics Section, Economics Branch, of the Ontario Ministry of Agriculture and Food.

FS0025
SELECTED AGRICULTURAL STATISTICS FOR CANADA
(Publication 8011)
Agriculture Canada (1), 1980
138 p. : single copy free : (P)

An annual handbook which provides statistical reference material on Canadian agriculture for a large general audience.

FS0026
FAMILY EXPENDITURE PATTERNS IN CANADA: A STATISTICAL ANALYSIS OF STRUCTURAL HOMOGENITY
(Publication 76/3)
by Z. A. Hassan and S. R. Johnson
Agriculture Canada (1), 1976
71 p. : single copy free : (P)

Provides a source of demand and consumption parameter estimates for Canada.

FS0027
PRICES AND THE POOR
Health and Welfare Canada (2), 1974
57 p. : free : (P)

A report by the National Council of Welfare on the low-income consumer in the Canadian market place.

FS0028
FOOD PRICES REVIEW BOARD FINAL REPORT
Consumer and Corporate Affairs (2), 1976
114 p. : single copy free : (P)

Describes the role and activities of the Food Prices Review Board. Reviews history and food price trends.

FS0029
FEDERAL AGRICULTURAL LEGLISLATION UP TO 1977
(Publication 77/2)
by A. R. Jones
Agriculture Canada (1), 1977
46 p. : single copy free : (P)

Provides essential information about the laws of the government of Canada which pertain to agriculture.

FS0030
MARKET COMMENTARY : PROCEEDINGS OF THE CANADIAN AGRICULTURAL OUTLOOK CONFERENCE
Agriculture Canada (1), 1978
132 p. : single copy free : (P)

Contains selected addresses and reports given at the Canadian Agricultural Outlook Conference in Ottawa on December 11 and 12, 1978. Covers such topics as animals and animal products, horticulture, grains and oilseeds, and farm inputs.

FS0031
NEED FOR REGULATING THE FOOD SALVAGE INDUSTRY TO PREVENT SALES OF UNWHOLESOME AND MISLABELED FOODS
(HWD-75-64)
US General Accounting Office, 1975
35 p. : single copy free : (P)

Illustrates the need for regulating the food salvage industry to prevent sales of unwholesome and mislabelled foods to the public.

FS0032
RESEARCH BRANCH REPORT 1976-1978
Agriculture Canada (1), [1978?]
[10] p. : free : (P)

Briefly outlines the research and development program of the Food Research Institute, and stresses the high priority of research in food science and technology.

FS0033
FOOD SCIENCE AND TECHNOLOGY: PAST, PRESENT, FUTURE
by E. M. Mrak
The Nutrition Foundation, 1976
[7] p. : single copy free : (P)

Discusses the evolution of food science, food safety, and ecology. Looks at future problems such as pollution, water supply, world food supply, and the quality of leadership needed in the area of food science.

FS0034
FOOD KIDS
Health and Welfare Canada (2), 1975
56 p. : free : (P)

A report by the National Council of Welfare on children in poverty.

FS0035
A FEW FACTS ABOUT ADVERTISING
Kellogg Salada Canada, Ltd. [1977?]
1 p. : free : (GP)

Lists the requirements necessary for the economic marketing of consumer products. Discusses Kellogg Salada's approach to advertising.

FS0036
KELLOGG'S READY-TO-EAT CEREALS: NUTRITION AND ADVERTISING - AN OVERVIEW
Kellogg Company, [1979?]
10 p. : free : (GP)

Kellogg defends itself in the face of Federal Trade Commission's Report which makes allegations against ready-to-eat cereals. Includes a brief outline of the FTC Report on Television Advertising to Children.

FS0037
A FEW FACTS ABOUT QUALITY
Kellogg Salada Canada, Ltd., [1977?]
1 p. : free : (GP)

Discusses the two distinct quality assurance areas within Kellogg Salada; the plant quality group and the company-wide quality assurance group. Also reviews packaging and labelling.

FS0038
AGRICULTURAL TRADE: ISSUES AFFECTING U.S. AGRICULTURAL POLICY
(CED-79-130)
US General Accounting Office, 1978
14 p. : single copy free : (P)

Briefly examines the issues arising from increased agricultural trade. Focuses on the unexpected effects such trade might have on the well-being of U.S. farmers as well as on the agricultural structures of the U.S. trading partners.

FS0039
FARM AND FOOD POLICY
(Publication 84)
Great Plains Agricultural Council, 1977
173 p. : single copy free : (P)

Contributes to a better understanding of current policy issues by pointing out productive research opportunities in the agriculture policy area.

FS0040
THE POSITIVE CASE FOR MARKETING CHILDREN'S PRODUCTS TO CHILDREN
American Advertising Federation, 1978
21 p. : single copy free : (P)

Demonstrates that the present system of marketing and advertising children's products to children is not only responsible to children, but also provides meaningful benefits to every segment of society.

FS0041
TOWARD THE NEW
(AIB-340)
USDA (1), 1970
60 p. : single copy free : (GP)

A report on better foods and nutrition based on agricultural research.

FS0042
AGRICULTURE FACTS
(Publication 5032)
Agriculture Canada (1), 1979
26 p. : free : (P)

Presents statistical data on the farm, inputs to the farm, outputs, the marketing system, the consumer, agricultural trade, and the federal government.

FS0043
THE TOMATO PAPERS
Ontario Public Interest Research Group,. 1979
48 p. : $1.25 : (GP)

Uses tomatoes as an example of how food is produced, marketed, and consumed in Canada. Highlights general trends within the food sector and their consequences.

FS0044
THE SUPERMARKET TOUR: A HANDBOOK FOR EDUCATION AND ACTION
Ontario Public Research Interest Group, (197-?)
48 p. : $1.25 : (GP)

Designed as an introduction to food issues. Outlines the psychological manipulation of consumers through advertising, the "myth" of competition, the strong role of transnational agribusiness firms in the food industry, and the contradiction between food production for profit and food production to meet people's needs.

FS0045
RECENT DEVELOPMENTS IN FOOD STRATEGY
Consumer and Corporate Affairs (1), 1978
ca. 20 p. : single copy free : (P)

Reports on recent developments in food strategy. Emphasis is on the government's response to issues raised at the National Food Strategy Conference, February, 1978.

FS0046
INTEGRATION OF NUTRITION INTO THE FOOD STRATEGY
Consumer and Corporate Affairs Canada (1), 1978
15 p. : single copy free : (P)

Reports on the progress made and plans developed to integrate nutrition into the food strategy.

FS0047
CANADA'S FOOD STRATEGY
Consumer and Corporate Affairs Canada (1), 1978
25 p. : single copy free : (P)

Focuses on a restatement of the government's general food strategy principles, a summary of the concerns and suggestions put forward by the food system representatives, some examples of ongoing programs or policy initiatives, and some ideas for initiatives that might be taken to improve the performance of the food system.

FS0048
RESEARCH HIGHLIGHTS 1979 - RESEARCH STATION LETHBRIDGE, ALBERTA
Agriculture Canada (1), 1980
93 p. : single copy free : (P)

Reports the results of some of the 180 research projects in effect at the Lethbridge Research Station. Outlines research on controlling crop and animal pests with a minimum use of pesticides.

FS0049
U.S. FOOD AND AGRICULTURAL POLICY IN THE WORLD ECONOMY
US Congressional Budget Office, 1976
78 p. : single copy free : (P)

Discusses relationships between United States agriculture and world needs.

FS0050
PUBLIC POLICY AND THE CHANGING STRUCTURE OF AMERICAN AGRICULTURE
US Congressional Budget Office, 1978
70 p. : single copy free : (P)

Discusses the changing structural organization of agriculture, factors that are causing it to change, and consequences of alternative future structures.

FS0051
BUDGET ISSUE PAPER - FOOD AND AGRICULTURE POLICY OPTIONS
US Congressional Budget Office, 1977
83 p. : single copy free : (P)

Provides a general introduction to farm policy, describes the economic setting in which new legislation will be implemented, examines some of the major policy options that Congress can choose from, and estimates the budget costs and other effects of these options.

FS0052
WHERE WE GET OUR FOOD
(E125)
National Dairy Council : Dairy Bureau of Canada [distributor], 1979
18 p. : $0.70 : (E)

Illustrates the production and processing of various common foods. A teaching guide is included.

FS0053
MORE MILK PLEASE!
(EC27)
National Dairy Council, 1976
20 p. : $0.50 : (E)

Explains the milk supply in terms of production, processing, distribution, and consumption of milk. A four-page teaching guide is included.

FS0054
A STRATEGY FOR ONTARIO FARMLAND
Ontario Ministry of Agriculture and Food, 1976
16 p. : single copy free : (P)

A statement by the Ministry of Agriculture and Food with respect to agricultural development and land use in Ontario.

FS0055
FOOD LAND GUIDELINES - A POLICY STATEMENT OF THE GOVERNMENT OF ONTARIO ON PLANNING FOR AGRICULTURE 1978
Ontario Ministry of Agriculture and Food, 1978
28 p. : single copy free : (P)

Outlines methodology for accomodating agricultural land needs.

FS0056
STUDY OF THE ORGANIZATION OF THE ONTARIO MINISTRY OF AGRICULTURE AND FOOD
Ontario Ministry of Agriculture and Food, 1973
107 p. : single copy free : (P)

Studies the organization of the Ministry of Agriculture and Food relevant to the delivery of services required to achieve the goals of the Ministry and the objectives of its major programs.

FS0057
GREEN PAPER ON PLANNING FOR AGRICULTURE: FOOD LAND GUIDELINES
Ontario Ministry of Agriculture and Food, 1977
8 p. : single copy free : (P)

Provides a methodology to incorporate agricultural considerations into local plans. Outlines ways to identify agricultural resource lands.

FS0058
REPORT BY THE SECTOR TASK FORCE ON THE CANADIAN PROCESSED FRUIT AND VEGETABLE INDUSTRY
Industry, Trade, and Commerce Canada, [1979?]
14 p. : single copy free : (P)

Examines major opportunities and constraints affecting the development of the processed fruit and vegetable industry. Makes specific recommendations to ensure that the industry realizes its full potential.

FS0059
THE CANADIAN PROCESSED FRUIT AND VEGETABLE INDUSTRY
Industry, Trade, and Commerce Canada, 1979
22 p. : single copy free : (P)

Outlines the response of the Federal government to the recommendations of the consultative task force on the Canadian processed fruit and vegetable industry.

FS0060
RESPONSE OF THE FEDERAL GOVERNMENT TO THE RECOMMENDATIONS OF THE CONSULTATIVE TASK FORCE ON THE CANADIAN FOOD AND BEVERAGE INDUSTRY
Industry, Trade, and Commerce Canada, 1979
28 p. : single copy free : (P)

Focuses on measures to increase industrial competitiveness, especially by building on comparative advantage, the support of regional economic development goals, and the enhancement of government, business, and labor cooperation.

FS0061
REPORT OF THE SECTOR TASK FORCE ON THE FOOD AND BEVERAGE INDUSTRY
Industry, Trade, and Commerce Canada, 1978
28 p. : single copy free : (P)

Reports on major opportunities and constraints affecting the development of the food and beverage industry. Makes specific recommendations that will enhance the industry's ability to realize its full potential in the 1980's.

FS0062
U.S. FRESH MARKET VEGETABLE STATISTICS, 1949-75
(Stat. Bull. 558)
USDA (S), 1976
106 p. : single copy free : (P)

Serves as a basic reference on the United States fresh vegetable industry. Provides a wide range of production, price, foreign trade, and other significant data.

FS0063
DEVELOPMENTS IN MARKETING SPREADS FOR FOOD PRODUCTS IN 1977
(AER-398)
USDA (S), 1978
36 p. : single copy free : (P)

Presents a number of statistical tables and analysis that help explain the behaviour of marketing changes and food costs.

FS0064
FOOD PRICES REVIEW BOARD - CONVENIENCE FOOD STORE SURVEY
Consumer and Corporate Affairs Canada (2), 1975
28 p. : single copy free : (P)

A study of convenience chain stores which was designed to provide comparative food price information.

FS0065
FOOD PRICES REVIEW BOARD - RETAIL FOOD STORES SURVEY
Consumer and Corporate Affairs Canada (2), 1973
30 p. : single copy free : (P)

Report based on the first nation-wide survey of prices and merchandising practices in the retail food industry in Canada.

FS0066
FOOD PRICES REVIEW BOARD - ADVERTISING EXPENDITURES AND FOOD PRICES
Consumer and Corporate Affairs Canada (2), 1976
18 p. : single copy free : (P)

Presents an overview of the cost of advertising. Discusses various views on the cost of advertising and examines the economic impact of advertising.

FS0067
NATIONAL FOOD POLICY
(Occasional Series No. 11)
edited by R. M. A. Lyons
University of Manitoba, 1979
234 p. : single copy free : (P)

Proceedings of a 1978 Agricultural and Food Marketing Forum. Food and nutrition policy, production strategy, and marketing are covered.

FS0068
INCOME OF FARM FAMILY UNITS, 1975
by W. Darcovich, J. Gellner, and D. Leung
Agriculture Canada (1), 1979
22 p. : single copy free : (P)

Presents data on incomes of farm family units obtained from the 1976 Survey of Consumer Finances conducted by Statistics Canada.

FS0069
MARKETING BOARD STATISTICS - CANADA 1977-78
by C. M. Sullivan
Agriculture Canada (1), 1979
10 p. : single copy free : (P)

Features statistics and a review of the operating results of marketing boards in Canada.

FS0070
FOOD AND HUMAN ENERGY
Ontario Ministry of Education, 1980
43 p. : free : (P)

Curriculum ideas on food and ecology for teachers of 10-12 year old children. Thirteen activity sets and student worksheets are included.

FS0071
DAIRY FOODS U.S.A.
(E102)
National Dairy Council, [197-?]
8 p. : $0.60 : (S)

A view of today's dairy industry and its role since colonial days is presented. Types of milk and dairy products are described, and production and processing are covered. A teaching guide accompanies the booklet.

FS0072
UNCLE JIM'S DAIRY FARM
(E284)
National Dairy Council, [197-?]
24 p. : $0.35 : (E)

Explains life on a dairy farm. A two page teaching guide is included.

FS0073
AN INTEGRATED RESEARCH STRATEGY ON THE FOOD PROCESSING, DISTRIBUTION AND RETAILING SECTORS: FOOD POLICY GROUP REPORT
Consumer and Corporate Affairs Canada (1), 1977
61 p. : single copy free : (P)

Presents rationale and recommendations for a research strategy for the Canadian food system.

FS0074
FOOD PRODUCT PROLIFERATION: A MARKET STRUCTURE ANALYSIS
(WP-41)
by J. M. Connor
Food Systems Research Group, 1980
35 p. : single copy free : (P)

Examines the extent of product proliferation among manufactured food products, its relationship to the industrial organization of the food manufacturing sector, and some of the empirical determinants of new food product introductions.

FSOC75
THE ROLE OF ADVERTISING IN CHANGING CONCENTRATION OF MANUFACTURING INDUSTRIES
(WP-17)
by W. F. Mueller and R. T. Rogers
Food Systems Research Group, 1978
42 p. : single copy free : (PO

A review of the literature on the role of advertising in the structural change of industry.

FSOC76
THE STRUCTURE AND PERFORMANCE OF FOOD RETAILING
(WP-10)
by B. W. Marion and W. F. Mueller
Food Systems Research Group, 1977
40 p. : single copy free : (P)

A study of recent changes in the competitive structure of food retailing and the competitive determinants of the profit and price performance of leading food chains.

FSOC77
THE STATUS OF COMPETITION IN THE FOOD MANUFACTURING AND FOOD RETAILING INDUSTRIES
(WP-6)
by B. C. Parker
Food Systems Research Group, 1976
51 p. : single copy free : (P)

Examines the structure of food manufacturing and retailing industries.

FSOC78
THE INFLUENCE OF CONSUMER PRICE INFORMATION ON THE STRUCTURE, CONDUCT AND PERFORMANCE OF FOOD RETAILING
(WP-25)
by D. Grant Devine and B. W. Marion
Food Systems Research Group, 1978
42 p. : single copy free : (P)

Reports on research which examined the influence of comparative price information on the level of dispersion of retail food prices and the level of consumer satisfaction.

FSOC79
VERTICAL COORDINATION AND VERTICAL COORDINATION MECHANISMS: ANALYSIS AND CASE STUDIES
(WP-12)
by M. G. Lang
Food Systems Research Group, 1977
31 p. : single copy free : (P)

Focuses on the definition of vertical coordination.

FSOC80
FOOD SYSTEM ORGANIZATION AND PERFORMANCE: TOWARD A CONCEPTUAL FRAMEWORK
(WP-40)
by J. D. Shaffer
Food Systems Research Group, 1979
13 p. : single copy free : (P)

An attempt to organize knowledge of the relationship between political-economic organization and performance, as applied to the American food system.

FSOC81
GROUP PURCHASING: AN ANALYSIS OF PERFORMANCE AND ECONOMIES OF SIZE IN RETAILER FOOD COOPERATIVES
(WP-42)
by B. Cotterill
Food Systems Research Group, 1980
24 p. : single copy free : (P)

Develops a theory to predict when consumers will join a preorder food cooperative (ie., a food buying club). Analysis of labor efficiency and group size and sales volume is included.

FSOC82
CONGLOMERATE MERGERS IN THE FOOD INDUSTRY
(WP-31)
by W. F. Mueller
Food Systems Research Group, 1979
16 p. : single copy free : (P)

Examines the effect of growing concentration trends in food retailing and manufacturing.

FSOC83
COMPETITION AND THE ROLE OF THE LARGEST FIRMS IN THE U.S. FOOD AND TOBACCO INDUSTRIES
(WP-29)
by J. M. Connor
Food Systems Research Group, 1979
166 p. : single copy free : (P)

Discusses the major features of the industrial organization of food and tobacco processing in the United States.

FSOC84
VERTICAL ORGANIZATION AND COORDINATION IN SELECTED COMMODITY SUBSECTORS
(WP-20)
by G. R. Campbell and M. L. Hayenga
Food Systems Research Group, 1978
IV. (various paging) : single copy free : (P)

An analysis of the vertically linked stages of production, processing, and distribution within various commodity subsectors.

FS0085
THE DAIRY SUBSECTORS OF AMERICAN AGRICULTURE: ORGANIZATION AND VERTICAL COORDINATION
(Monograph 5)
by H. L. Cook, L. Blakley, R. Jacobson, R. Knutson, E. Milligan, and R. Strain
Food Systems Research Group, 1978
157 p. : single copy free : (P)

Attempts to summarize what is known about the organization, coordination, and performance of the dairy subsector.

FS0086
PUBLIC POLICY TOWARD MERGERS IN THE DIARY PROCESSING INDUSTRY
(Monograph 3)
by W. F. Mueller, L. G. Hamm, and H. L. Cook
Food Systems Research Group, 1976
120 p. : single copy free : (P)

A study which reviews public policy toward mergers in the fluid milk industry and attempts to determine the effect of this policy on the pattern of merger activity.

FS0087
AGRICULTURAL COOPERATIVES AND THE PUBLIC INTEREST
(Monograph 4)
edited by B. W. Marion
Food Systems Research Group, 1978
323 p. : single copy free : (P)

Proceedings of a workshop held to identify some of the research needs and critical areas in agricultural cooperatives.

FS0088
PRICING PROBLEMS IN THE FOOD INDUSTRY (WITH EMPASIS ON THIN MARKETS)
(Monograph 7)
edited by M. L. Hayenga
Food Systems Research Group, 1979
158 p. : single copy free : (P)

Markets for various foods are examined, and research priorities for pricing problems are outlined.

FS0089
U.S.S.R. SUGAR - TODAY AND TOMORROW
(FAS M-284)
by L. C. Hurt, R. D. Barry, and J. S. McFarlane
USDA (4), 1978
15 p. : single copy free : (P)

Focuses on the economic and institutional features of the Soviet sugar industry.

FS0090
CITRUS PROCESSING IN BRAZIL
(FAS M-215)
by Shackford Pitcher
USDA (4), 1970
18 p. : single copy free : (P)

Covers the development of Brazil's orange-processing industry from the fruit groves through the marketing process.

FS0091
COFFEE PRODUCTION IN AFRICA
(FAS M-266)
by J. P. Rovrk
USDA (4), 1975
24 p. : single copy free : (P)

An examination of coffee production in the major producing countries of Afica.

FS0092
THE HONEY INDUSTRY OF MEXICO - SITUATION AND PROSPECTS
(FAS M-285)
by G. E. Patty
USDA (4), 1978
18 p. : single copy free : (P)

A report designed to give an insight into the past trends, current situation, and future prospects for the honey industry of Mexico.

FS0093
UTILIZATION OF SOY PROTEIN IN THE EUROPEAN COMMUNITY
(FAS M-270)
by S. McClure and B. Simmons
USDA (4), 1976
27 p. : single copy free : (P)

Includes a definition of soy protein products, and examines the trade situation.

FS0094
U.S. COFFEE CONSUMPTION 1946-76
(FAS M-275)
by B. A. Lawrance, W. H. Phillips, A. H. Riffkin, and A. A. Saleh
USDA (4), 1977
11 p. : single copy free : (P)

A report on the changing American coffee market. Examines the impact of freeze-dried soluble coffee.

FS0095
JAPAN'S FAST-FOOD INDUSTRY - EXPORT POTENTIAL FOR U.S. PRODUCTS
(FAS M-268)
by P. B. Dwoskin, and N. Havas
USDA (4), 1975
12 p. : single copy free : (P)

A survey of the structure, status, and future of the fast-food industry in Japan.

FS0096
THE U.S. FOOD AND TOBACCO MANUFACTURING INDUSTRIES
(AER No. 451)
by J. M. Connor
USDA (5), 1980
116 p. : single copy free : (P)

The market structure, structural change, and economic performance of American food and tobacco manufacturing industries are examined.

FS0097
FOREIGN AND DOMESTIC PROSPECTS FOR THE U.S. FAST FOOD FRANCHISE INDUSTRY
(AER No. 358)
by P. B. Dwoskin
USDA (5), 1976
14 p. : single copy free : (P)

Problems in the American fast-food industry are examined.

FS0098
FOOD PRICES IN PERSPECTIVE: A SUMMARY ANALYSIS
(ESCS-53)
USDA (5), 1979
9 p. : single copy free : (P)

Presents a summary assessment of food price behavior, component costs, consumer demand, and food availability.

FS0099
CHRONOLOGICAL LANDMARKS IN AMERICAN AGRICULTURE
(AIB No. 425)
compiled by M. S. Smith
USDA (5), 1979
103 p. : single copy free : (P)

This chronology lists major events in the history of American agriculture. A source to which the reader may turn for additional information on the subject is included with most of the events.

FS0100
MARKET COMMENTARY - PROCEEDINGS OF THE CANADIAN AGRICULTURAL OUTLOOK CONFERENCE - DECEMBER 1979
Agriculture Canada (1), 1979
81 p. : single copy free : (P)

Contains selected addresses and reports given at the conference.

FS0101
PEOPLE ON THE FARM: RAISING BEEF CATTLE
USDA (1), 1978
24 p. : single copy free : (P)

This booklet recounts visits with two families out where beef begins. The life of a rancher and a farmer are examined via photographs and text.

FS0102
PEOPLE ON THE FARM: GROWING ORANGES
USDA (1), 1978
28 p. : single copy free : (GP)

Explains production of oranges from the point of view of both growers and harvesters. Illustrated with numerous photographs.

FS0103
PEOPLE ON THE FARM: BROILER GROWERS
USDA (1), 1978
24 p. : single copy free : (GP)

A view of broiler production on American farms. Grading, economics of production, and consumption of broilers are examined. Illustrated with numerous photographs.

FS0104
PEOPLE ON THE FARM: CORN AND HOG FARMING
USDA (1), 1978
24 p. : single copy free : (GP)

Examines various aspects of corn and hog production on American farms. Illustrated with numerous photographs.

FS0105
PEOPLE ON THE FARM: DAIRYING
USDA (1), 1976
24 p. : single copy free : (GP)

An overview of the dairy farm. Investigates economics of production, artificial insemination, equipment, and the role of government. Illustrated with numerous photographs.

FS0106
FOOD PRICE INFLATION IN THE UNITED STATES AND OTHER COUNTRIES
(CED-80-24)
US General Accounting Office, 1979
28 p. : single copy free : (P)

Examines food prices and recommends improvements to the food production system.

FS0107
AN OVERVIEW OF THE CANADIAN FOOD SERVICE MARKET, 1976-1977
Consumer and Corporate Affairs (1), 1978
123 p. : single copy free : (P)

Presents the results of a series of extensive interviews among 93 leading Canadian food service firms, covering 25 subsegments of the industry's activities.

FS0108
HUNGER IN AMERICA: THE FEDERAL RESPONSE
by Nick Kotz
The Field Foundation, 1979
40 p. : single copy free : (P)

Attempts to show whether or not the "War on Poverty" has been successful and whether or not food programs really work or should be curtailed or eliminated.

FS0109
BUY AND BUY
by E. Fry and J. Needham
Cornell University (1), [1970?]
20 p. : $0.55 : (P)

Designed to enhance the student's experience of the food system in classroom and community settings. Explains food retailing and marketing.

FS0110
KRAFT INC.
Kraft Inc. (1), 1979
11 p. : single copy free : (GP)

This booklet gives information on the business of Kraft, Inc. outside the United States.

FOODS (FV)

FV0001
GROWING GARDEN POTATOES
(Publication 1559)
Agriculture Canada (1), 1975
15 p. : single copy free : (GP)

A guide to the successful production of potatoes. Outlines choosing the potato stock, planting, cultivation and care, and harvesting and storage.

FV0002
SOILESS CULTURE OF COMMERCIAL GREENHOUSE TOMATOES
(Publication 1460)
Agriculture Canada (1), 1978
29 p. : single copy free : (P)

Prepared as a guide for growing tomatoes in a soiless medium.

FV0003
GROWING GARDEN TOMATOES
(Publication 1558)
Agriculture Canada (1), 1975
16 p. : single copy free : (GP)

Outlines some of the essentials in growing better garden tomatoes.

FV0004
PROCESSING QUALITIES OF APPLE VARIETIES AND SELECTIONS
(Publication 1424)
Agriculture Canada (1), 1974
17 p. : single copy free : (P)

A summary of the evaluation used by Experimental Farms in Ontario, of apple varieties and selections for commercial storing and processing.

FV0005
CLASSIFYING AND GRADING OF HONEY
(Publication 150)
Ontario Ministry of Agriculture and Food, [1976?]
10 p. : single copy free : (P)

A guide to the tests and procedures involved in classifying and grading honey.

FV0006
NEW EARLY APPLE VARIETIES
(Publication 1964)
Agriculture Canada (1), 1964
[4] p. : single copy free : (P)

Describes the three new early varieties of apples developed at the Central Experimental Farm, Ottawa. Includes the Quinte, Ranger, and Caravel varieties.

FV0007
FOR KIDS OF ALL AGES WHO COOK
Castle and Cooke, Inc., 1976
[6] p. : free : (GP)

Includes several simple recipes which use pineapple in their preparation.

FV0008
DOLE FRESH COCONUT FACT SHEET
Castle and Cooke, Inc.
2 p. : free : (GP)

Outlines the choosing, storing, and cutting of coconuts. Includes recipes.

FV0009
GRAPES: THE NATURAL SNACK
California Table Grape Commission, [197-?]
[4] p. : free : (GP)

Provides a brief history of the growth and development of grapes. Outlines selection, storage, types, and uses of grapes. Includes recipes.

FV0010
WHY BUY BANANAS
The Banana Bunch : Castle and Cooke, Ltd. [distributor], [197-?]
[10] p. : free : (GP)

Outlines the nutrient composition of bananas and suggests several reasons for including them in the diet. Reviews the ripening process. Includes simple recipes and ideas for use of bananas.

FV0011
PATRICIA COLLIER'S PINEAPPLE PRIMER
Castle and Cooke, Inc., [197-?]
[12] p. : free : (GP)

A guide to selecting, storing, and cutting fresh pineapple. Outlines how to grow your own and includes recipes.

FV0012
FRUITS IN FAMILY MEALS: A GUIDE FOR CONSUMERS
(G-125)
USDA (1) or (3), 1979
34 p. : single copy free : (GP)

Includes tips on buying and storing fruits. Suggests ways of serving raw fruits and provides directions for cooking fruits. Includes recipes.

FV0013
NORTHWEST CHERRIES - THEY'RE CHERRIFIC
Northwest Cherry Growers, [197-?]
[4] p. : single copy free : (GP)

Provides a brief history of the cherry's growth and development. Reviews the season length and how to choose the best cherries. Includes tips for canning, freezing, and dehydrating.

FV0014
THE LATEST ON MILK AND MILK PRODUCTS
Dairy Bureau of Canada, 1979
30 p. : $0.50 : (GP)

Explains the role of dairy foods in nutrition at all age levels. Information about processing, fortification, and inspection is included. Available in french or english.

FV0015
FATTY ACID COMPOSITION OF MARGARINES IN CANADA
Agriculture Canada (1), [1979?]
73 p. : single copy free : (P)

A report on the fatty acid composition of 95 brands of margarines available in Canada.

FV0016
NEWER KNOWLEDGE OF CHEESE
(E095)
National Dairy Council, 1980
52 p. : $3.20 : (GP)

Covers characteristics of cheese and cheese products, manufacturing processes, nutrient content, and use in regular and therapeutic diets for all ages.

FV0017
NEWER KNOWLEDGE OF MILK
(E300)
National Dairy Council, 1979
52 p. : $3.20 : (GP)

Discusses the constituents and physical characteristics of milk, including types of milk and processing of milk.

FV0018
THE STORY OF MILK
Dairy Bureau of Canada, 1979
12 p. : $0.29 : (S)

Explains the production of milk from farm to family. Available in french or english.

FV0019
LET'S MAKE BUTTER
Dairy Bureau of Canada, [197-?]
1 p. : $0.03 : (E)

Work sheet gives simple instructions for butter making in the classroom. A teachers guide is included.

FV0020
DAIRY FACT SHEETS
Dairy Bureau of Canada, 1978
6 p. : $0.24 : (GP)

Milk, Buttermilk, Cottage Cheese, Yogurt, Cheddar Cheese and Ice Cream. Each sheet describes the product, its processing and packaging, shopping, and handling and serving tips.

FV0021
TODAY'S DAIRY FOODS
National Dairy Council, [197-?]
16 p. : $0.25 : (GP)

Answers common questions about dairy foods. A glossary of terms and protein and calorie charts are included.

FV0022
NON-CONVENTIONAL PROTEINS AND FOODS (NSF-RA-770278)
National Science Foundation, [1979?]
294 p. : single copy free : (P)

Proceedings of a 1977 conference aimed at developing the acceptance of nonconventional food protein technology.

FV0023
PORK
Canadian Pork Council : Ontario Pork Producers Marketing Board [distributor], 1975
112 p. : free : (GP)

A book describing the Canadian pork industry. Subjects range from growth and development of the Canadian hog and pork industry to utilization of pork as a food. The book includes many coloured pictures and a chart of pork cuts.

FV0024
PROCEEDINGS OF THE MEAT INDUSTRY RESEARCH CONFERENCE
American Meat Institute Foundation, 1975
122 p. : single copy free : (P)

Topics covered include meat production and processing, public health concerns, meat microbiology, and the economics of meat science.

FV0025
PROCEEDINGS OF THE MEAT INDUSTRY RESEARCH CONFERENCE
American Meat Institute Foundation, 1976
150 p. : single copy free : (P)

Topics covered include nitrites, transportation of meat, mechanically deboned meat, and food safety regulations.

FV0026
PROCEEDINGS OF THE MEAT INDUSTRY RESEARCH CONFERENCE
American Meat Institute Foundation, 1977
155 p. : single copy free : (P)

Topics covered include meat curing, by-products, electrical stimulation, and mechanically deboned meat.

FV0027
PROCEEDINGS OF THE MEAT INDUSTRY RESEARCH CONFERENCE
American Meat Institute Foundation, 1978
167 p. : single copy free : (P)

Topics covered include sausage technology, shelf-stable meat products, federal regulations, and nutrition.

FV0028
PROCEEDINGS OF THE MEAT INDUSTRY RESEARCH CONFERENCE
American Meat Institute Foundation, 1979
97 p. : single copy free : (P)

Topics covered include market demand, meat conversion, new product technology, food safety, and meat curing.

FV0029
FRESH CALIFORNIA PLUMS
California Tree Fruit Agreement, 1980
[6] p. : free : (GP)

Discusses the types of plums and their availability. Briefly outlines nutrient content and suggests ways of using plums. Photographs are used to show a number of varieties.

FV0030
FRESH CALIFORNIA NECTARINES
California Tree Fruit Agreement
[6] p. : free : (GP)

Describes the types of nectarines available and briefly outlines nutritional value. Includes a graph of harvest periods.

FV0031
FRESH CALIFORNIA BARTLETT PEARS
California Tree Fruit Agreement, 1980
[6] p. : free : (GP)

Provides a brief history of the Bartlett pears. Outlines the nutritional value. Includes steps for ripening Bartlett pears.

FV0032
FRESH CALIFORNIA PEACHES
California Tree Fruit Agreement, 1980
[6] p. : free : (GP)

Provides a brief history of the peach's existence and use. Outlines nutrient content. Describes the common varieties available and includes tips for the retailer.

FV0033
TURKEY TALK
Armour-Dial, Inc., 1975
[12] p. : single copy free : (GP)

Covers the types of turkeys, storage both before and after consumer purchase, inspection shield, grade shield, amount to buy, thawing instructions, cooking methods, and leftover storage.

FV0034
SUMMERTIME CHICKEN
Ontario Chicken Producers Marketing Board, [197-?]
13 p. : free : (GP)

Discusses metric equivalents to aid in purchasing, barbecuing tips, sandwich ideas, cooking with microwave, summertime salads, and cutting up chicken. Recipes included.

FV0035
LEFTOVER LAMB MAKES IT!
Saskatchewan Sheep and Wool Marketing Commission, [197-?]
[2] p. : single copy free : (GP)

Eight suggestions for the use of leftover lamb. Includes recipes for barbecuing lamb.

FV0036
COOKING LAMB FOR SHEER PLEASURE
by Jehane Benoit
Canada Sheep Marketing Council : Saskatchewan Sheep and Wool Marketing Commission [distributor], 1974
31 p. : free : (GP)

Covers general nutrition of lamb, characteristics of the meat, amount to buy, best herbs and spices to use, best vegetables to serve, and cooking of the various cuts. Recipes included.

FV0037
NEW ZEALAND SPRING LAMB RECIPES
New Zealand Lamb Information Center, [197-?]
[16] p. : free : (GP)

Discusses versatility, nutrition, and economy of lamb. The various cooking and carving methods used are described. Recipes included.

FV0038
ARMOUR MEAT GUIDE
Armour-Dial, Inc., 1975
31 p. : free : (GP)

Discusses general nutrition, meat inspection, grading and branding, meat processing, the popular processed meats, meat purchasing, storage, and preparation. Includes charts of the cuts of beef, veal, pork and lamb.

FV0039
SWIFT FOOD GUIDE
Swift Canadian Company Ltd., [197-?]
40 p. : free : (GP)

Includes a section on general nutrition as well as buying, storage, and preparation of meat. Recipes included.

FV0040
DOMINION'S BARBECUE BONANZA
Dominion Stores, Ltd., [197-?]
[12] p. : free : (GP)

Considers the preparation of the fire, types of foods for barbecuing, and various methods used. Recipes included.

FV0041
THE FRESH APPROACH - SUMMER SALAD SHOP
Dominion Stores Ltd., [197-?]
[6] p. : free : (GP)

Reviews the many possibilities for salad ingredients. Outlines the types of lettuce available. Recipes included.

FV0042
TRY SOMETHING NEW! MAKE IT WITH MUSHROOMS
Dominion Stores Ltd., [197-?]
[6] p. : free : (GP)

Provides information on selecting, storing, and preparing mushrooms. Includes recipes and suggestions for use.

FV0043
LET'S GO ORIENTAL
Dominion Stores Ltd., [197-?]
[6] p. : free : (GP)

Recipes for bok choy, chinese cabbage, china peas, and bean sprouts.

FV0044
CCENT ON CARROTS
Ontario Ministry of Agriculture and Food, [197-?]
[6] p. : free : (GP)

Suggests a variety of ways to serve carrots. Recipes included.

FV0045
FEATURE ONIONS
Ontario Ministry of Agriculture and Food, [197-?]
[6] p. : free : (GP)

Outlines buying, storing, and using onions. Recipes included.

FV0046
TRY SOMETHING WITH ONIONS
Dominion Stores Ltd., [197-?]
[6] p. : free : (GP)

Illustrates and describes the different varieties of onions. Reviews nutrition, onion usage, and storage. Includes recipes.

FV0047
TRY SOMETHING WITH SQUASH
Dominion Stores Ltd., [197-?]
[6] p. : free : (GP)

Illustrates and briefly describes the different types of squash. Reviews selection and care, nutrition, and usage. Recipes included.

FV0048
PRIZE WINNER'S CHOICE - ONTARIO CANNED TOMATOES
Ontario Ministry of Agriculture and Food, [197-?]
[6] p. : free : (GP)

Suggest reasons for using canned Ontario tomatoes for cooking. Includes recipes.

FV0049
TOMATOES CAN MAKE THE MEAL
Ontario Ministry of Agriculture and Food, [197-?]
[6] p. : free : (GP)

A guide to practical, economical use of canned tomatoes. Recipes included.

FV0050
FROM ONTARIO GREENHOUSES... COOL CUCUMBERS TASTY TOMATOES
Ontario Greenhouse Vegetable Producers Marketing Board, [1979?]
[8] p. : free : (GP)

Briefly describes long seedless cucumbers and greenhouse tomatoes. Provides several imaginative recipes and ideas for use.

FV0051
PRINCE EDWARD ISLAND POTATOES FROM OUR GARDEN TO YOU
Prince Edward Island Potato Marketing Board, [197-?]
[8] p. : single copy free : (GP)

Provides some basic information on the nutritional value of the potato as well as how to cook it properly. Includes recipes.

FV0052
POTATO PATCHWORK...
Prince Edward Island Potato Marketing Board, [197-?]
[10] p. : single copy free : (GP)

Includes a number of interesting recipes using potatoes. Provides a photograph of each finished product.

FV0053
POTATO SHOPPING, STORING AND COOKING INFORMATION
The Potato Board, [197-?]
[6] p. : free : (GP)

A guide to buying, storing, and preparing potatoes.

FV0054
ONTARIO POTATOES PLEASE
Ontario Ministry of Agriculture and Food, [197-?]
[6] p. : free : (GP)

Looks briefly at the varieties of potatoes available, storage capacity, and basic preparation. Includes recipes.

FV0055
THE WHOLE POTATO CATALOG
The Potato Board, [197-?]
[12] p. : free : (GP)

A guide to purchasing, storing, and cooking potatoes. Outlines nutritional information. Includes recipes.

FV0056
REALLY A RUTABAGA
Ontario Ministry of Agriculture and Food, [197-?]
[6] p. : free : (GP)

Briefly comments on the economy, nutrition, and versatility of a rutabaga. Outlines how to prepare it. Includes recipes.

FV0057
LAMB IN FAMILY MEALS
(G-124)
USDA (1) or (3), 1977
21 p. : single copy free : (GP)

Includes illustrations to help identify lamb cuts, tips on selecting quality lamb, help in estimating quantities to buy, a guide to storing lamb, directions and timetables for cooking it, and main dish recipes.

FV0058
FRESH FROZEN SASKATCHEWAN LAMB IN A BOX
Saskatchewan Sheep and Wool Marketing Commission, [197-?]
[8] p. : single copy free : (GP)

Discusses the various cuts of lamb, appearance grading, amount to buy, definition of "fell", and how it should be served. Recipes included.

FV0059
THE WHEAT KERNEL
The Ontario Wheat Producers' Marketing Board, 1978
2 p. : single copy free : (GP)

Information about the various parts of the wheat kernel.

FV0060
INCLUDING BRAN IN FOODS
Kellogg Salada Canada, Ltd., 1977
1 p. : free : (GP)

Explains various methods of incorporating bran into one's meals.

FV0061
SOME STRAIGHT TALK ABOUT A RATHER STICKY SUBJECT - PRESWEETENED CEREALS
General Mills, Inc., 1976
6 p. : single copy free : (GP)

Covers the importance of breakfast, the sugar content of presweetened cereals, dental health, and parental action. References included.

FV0062
PLAIN TALK ON BREAD
Bakery Council of Canada [197-?]
[6] p. : free : (GP)

A general description of the prominent obstacles to good health and the benefits derived from increased consumption of bread and potatoes.

FV0063
PRESWEETENED CEREALS
Kellogg Salada Canada, Ltd., 1977
[10] p. : free : (GP)

Discussion of myths concerning presweetened cereals.

FV0064
NEW FACTS ON BREAD
Bakery Council of Canada, [197-?]
[8] p. : free : (GP)

Nutritive quality of bread is examined. Milling, enriching, softness, additives, dieting, packaging, staling, and pricing are reviewed.

FV0065
BREAD - THE GO-WITH FOOD
Bakery Council of Canada, [197-?]
[6] p. : free : (GP)

The consumption of bread is encouraged as part of a well-balanced menu.

FV0066
THE NUTRITIONAL VALUE OF BREAD
by C. Nicelson
American Association of Cereal Chemists : Bakery Council of Canada [distributor], 1975
4 p. : free : (P)

An examination of the nutritional value of bread based on a scientific approach.

FV0067
READY-TO-EAT CEREALS AND NUTRITION
Kellogg Company, 1980
56 p. : free : (P)

A research study report on Kellogg's ready-to-eat cereals and their nutritive value.

FV0068
POPCORN INDUSTRY FACT SHEET
The Popcorn Institute, 1978
2 p. : free : (GP)

Sales of unpopped corn, use of popcorn abroad, popcorn quality and the Popcorn Institute are described.

FV0069
THE MANY SHAPES OF GOLDEN GRAIN
Golden Grain Macaroni Company, [197-?]
[8] p. : free : (GP)

A general introduction to pasta, how it is made, and the proper cooking methods. Includes photographs of the many shapes.

FV0070
PRAIRIE WHEAT
by F. L. Dickinson
Canada Grains Council, [197-?]
56 p. : $2.00 : (GP)

A book representing the memories, research, and dedication of F. L. Dickinson, one of the pioneers who helped to tame the prairie wilderness and produce harvests.

FV0071
KELLOGG'S "HOW-TO" RECIPE SHEETS
Kellogg Company, [197-?]
[4] p. : single copy free : (P)

An aid for teaching foods and related nutrition lessons at almost any grade level. Basic cookery techniques and cooking versatility of ready-to-eat cereals are explained.

FV0072
HIGHLIGHTS OF POPCORN HISTORY IN THE AMERICANS
The Popcorn Institute, 1976
7 p. : free : (GP)

The history of corn from pre-Columbian times to the present day is outlined.

FV0073
POPCORN AND NUTRITION TODAY... AN EVALUATION
by The Popcorn Institute
The Popcorn Institute, 1976
[2] p. : free : (GP)

The nutritional value of popcorn is outlined.

FV0074
DURUM WHEAT NOTES - ON TOP OF SPAGHETTI
Durum Wheat Institute, 1977
[4] p. : free : (GP)

A brief history of spaghetti, how to cook it, the meaning of 100% durum, and unusual spaghetti recipes are given.

FV0075
DURUM WHEAT NOTES: POUNDS OFF - WITH PASTA
Durum Wheat Institute, 1978
[4] p. : free : (GP)

A general description of the caloric value of pasta is given. Five recipes are included.

FV0076
MACARONI PRODUCTS - VERSATILE FOODS
The National Macaroni Institute : National Macaroni Manufacturers Association [distributor], [197-?]
[3] p. : free : (GP)

The history of macaroni, food value, and uses are described.

FV0077
SPECIALTIES OF THE HOUSE
Durum Wheat Institute, 1960
32 p. : single copy free : (GP)

General information about durum wheat pastas. A selection of recipes from famous restaurants are included.

FV0078
DURUM WHEAT NOTES: PASTA MADE FROM DURUM - FOOD TO RUN WITH
Durum Wheat Institute, [197-?]
[2] p. : single copy free : (GP)

The nutritional benefits of pasta are related to athletic performance.

FV0079
THE QUAKER OATS WHOLE GRAIN COOKBOOK
The Quaker Oats Company of Canada Ltd., [197-?]
42 p. : single copy free : (GP)

An introduction to the whole grain. A variety of recipes are included.

FV0080
WHEAT TREATS - FAVORITE HOME RECIPES
The Ontario Wheat Producers Marketing Board, 1977
38 p. : single copy free : (GP)

Recipes using Ontario soft white winter wheat flour.

FV0081
NUTRITIVE VALUES OF MACARONI SPAGHETTI AND EGG NOODLE PRODUCTS
National Macaroni Institute : National Macaroni Manufacturers Association [distributor], [197-?]
[8] p. : single copy free : (GP)

Food value, digestibility, calories, enrichment, sodium content, proteins, fat and cholesterol of macaroni, spaghetti, and egg noodle products are given.

FV0082
PASTA PRIMER
National Macaroni Institute : National Macaroni Manufacturers Association [distributor], [197-?]
[8] p. : single copy free : (GP)

Financial, caloric, nutritive advantages of pasta consumption. Recipes and cooking of pasta are included.

FV0083
CEREALS
Manitoba Department of Health and Community Services, 1975
[8] p. : single copy free : (GP)

Outlines the general composition of cereals, why they should be used, types, and how to buy and store them. Recipes are included.

FV0084
BREAD
Manitoba Department of Health and Community Services, 1974
[8] p. : single copy free : (GP)

Outlines the general nutrients found in bread, which bread to buy, how to store it, how to use or freshen old bread, and how to make bread crumbs. Recipes are included.

FV0085
ALL FROM A KERNEL OF CORN
St. Lawrence Starch Company, Ltd., [197-?]
[14] p. : single copy free : (GP)

Includes history of corn and a description of the wet corn milling industry. Company information is included.

FV0086
GRADES OF WHITE WINTER WHEAT
Ontario Wheat Producers Marketing Board, 1978
[2] p. : single copy free : (P)

Grade specifications of white winter wheat are defined.

FV0087
ROBIN HOOD MULTIFOODS BAKE-IN: THE SOFT WHEAT FLOUR STORY
Robin Hoods Multifoods, Ltd., [197-?]
[4] p. : single copy free : (GP)

A general description of soft wheat flour and its use as cake and pastry flour. Includes methods for mixing cakes and preparing pastry. Recipes included.

FV0088
CANADIAN GRAIN HANDBOOK
The Canadian Wheat Board, [1979?]
31 p. : single copy free : (P)

Explains grades, standards, storage, and exporting of grains.

FV0089
SOFT WHITE WHEAT FROM ONTARIO, CANADA
Ontario Wheat Producers Marketing Board, [197-?]
[6] p. : single copy free : (P)

A brief description of soft white wheat and its uses.

FV0090
CANADIAN RED SPRING WHEAT CROP
(Crop Bulletin No. 134)
Agriculture Canada (1), 1978
16 p. : single copy free : (P)

An examination of the principle quality characteristics of each grade of Canadian Red Spring Wheat.

FV0091
CANADIAN AMBER DURUM WHEAT CROP
(Crop Bulletin No. 135)
Agriculture Canada (1), 1977
[3] p. : single copy free : (P)

An examination of the principle quality characteristics of each grade of Western Canadian Amber Durum Wheat.

FV0092
CANADA'S NEW 2 C. W. RED SPRING WHEAT
Agriculture Canada (1), 1972
[3] p. : single copy free : (P)

Quality data on the new grade of number 2 Canada Western Red Spring Wheat.

FV0093
CANADA'S NEW GRADES OF RED SPRING WHEAT
Agriculture Canada (1), 1971
[3] p. : single copy free : (P)

Quality data of the new grades of Red Spring Wheat.

FV0094
INTERNATIONALLY-KNOWN NUTRITIONIST EXPOSES BREAD AS IT IS TODAY
Bakery Council of Canada, [197-?]
[6] p. : free : (GP)

The nutritional quality of bread is examined, as it relates to a well-balanced diet.

FV0095
FROM WHEAT TO FLOUR
Wheat Flour Institute, 1976
80 p. : $2.00 : (GP)

Outlines the historical, socio-economic, and nutritive values of wheat and wheat products, from the standpoint of the wheat producer, miller, baker, or other processor.

FV0096
WHEATS OF THE WORLD
Canada Grains Council, [197-?]
30 p. : single copy free : (P)

Discusses the production, utilization, and grades of wheat on a world-wide scale. The perspective sums up the expected future of the wheat industry.

FV0097
CANADIAN CORN
Canada Grains Council, [197-?]
[8] p. : single copy free : (P)

Acquaints potential customers with the availability of Canadian grain corn, since Canada is in a position to supply the world market with this product.

FVCC98
MUELLER'S GENERIC TERMS
C. F. Mueller Company, 1978
[4] p. : free : (P)

Lists the generic terms for Mueller's macaroni, spaghetti, and egg products.

FVCC99
ROBIN HOOD MULTIFOODS BAKE-IN:
STRUCTURE, COMPOSITION AND NUTRITIVE
VALUE OF THE WHEAT KERNEL
Robin Hood Multifoods, Ltd., [197-?]
[4] : single copy free : (GP)

Includes a detailed diagram of the wheat kernel, as well as an explaination of the milling process. Covers classes of wheat, types and classes of flour, and a glossary of flour terms.

FVC100
PILLSBURY'S BEST FLOUR
The Pillsbury Company, [197-?]
[6] p. : single copy free : (GP)

Briefly describes types of flour, nutritional values of white versus whole wheat flour, baking differences, and nutritional differences of bleached versus unbleached flour.

FV0101
THE STORY OF CEREALS AND RICE
General Foods (1), [197-?]
8 p. : free : (GP)

A brief introduction to the major grains, followed by a history of cereal breakfast foods. Modern methods of processing are covered.

FV0102
AMERICAN RICE...IN THE DIET
Rice Council, 1976
[4] p. : free : (GP)

Includes information on the nutritive composition of rice, how to cook and store it, and available forms of rice. Includes recipes.

FV0103
FACTS ABOUT DAINTY RICE
Dainty Foods, Ltd., [197-?]
[4] p. : free : (GP)

Includes a brief description of the available forms and general composition of rice.

FV0104
BARLEY!
Minnesota Grain Pearling Company,
[197-?]
[10] p. : single copy free : (GP)

Begins with an animated story describing barley. A brief history of barley, its uses, characteristics, and a list of the 22 forms are covered.

FV0105
THE CANNED SALMON FACTBOOK
Canned Salmon Institute, [197-?]
ca. 20 p. : single copy free : (GP)

Traces the history of salmon and describes both catching and packing procedures. Includes recipes.

FV0106
COMMON VARIETIES OF FISH AND SHELLFISH
FOR SALE IN CANADA
Fisheries and Oceans Canada (2), [197-?]
1 p. : free : (GP)

Lists the varieties of fish under the following headings; saltwater, freshwater, and shellfish. Indicates whether it is from the Atlantic or Pacific and whether it is lean or fat.

FV0107
FOOD FROM WATER - FISHERIES AND
AQUACULTURE
(Miscellaneous Special Publication 29)
Fisheries and Oceans Canada (1), 1978
32 p. : free : (P)

Looks at the shifting emphasis in the methods, disciplines, functions, and institutions of fisheries science. Suggests further steps that need to be taken for the future of Canadian fisheries.

FV0108
FROZEN AND FRESH FISH
Dominion Stores, Ltd., [197-?]
12 p. : free : (GP)

A guide to selection, storage, preparation, and nutrition of frozen and fresh fish.

FV0109
FROZEN FILLETS
Fisheries and Oceans Canada (2), [1977?]
16 p. : free : (GP)

Outlines tips to remember when cooking frozen fish fillets. Contains recipes for preparing fillets using a variety of cooking methods.

FV0110
SEAFOOD RECIPES FOR CALORIE COUNTERS
Fisheries and Oceans Canada (2), [1978?]
42 p. : free : (GP)

Lists fish according to fat content. Contains a variety of recipes designed especially for calorie counters.

FV0111
SHELLFISH-A-PLENTY
Fisheries and Oceans Canada (2), [1977?]
44 p. : free : (GP)

A guide to purchasing, storing, and preparing shellfish. Includes recipes.

FV0112
FEASTING WITH NUTRITION
Fisheries and Oceans Canada (2), [1979?]
[10] p. : free : (GP)

Reviews metric measurement and its application to fish cookery. Includes recipes, some of which are for microwave cooking.

FV0113
GREAT TUNA RECIPES FROM AMERICA'S GREAT TUNA
Castle and Cooke, Inc., 1976
22 p. : single copy free : (GP)

Contains recipes for casseroles, sandwiches, salads, and appetizers, all using tuna.

FV0114
ABOUT NOODLES
The National Macaroni Institute : National Macaroni Manufacturers Association [distributor], 197-?]
1 p. : single copy free : (GP)

Discusses the origin of noodles and what they are made from. Outlines some nutrient facts for noodles in the dry and cooked state.

FV0115
FAT IN CHEESE - 2
Switzerland Cheese Association : Switzerland Cheese of Canada Ltd. [distributor], 1978
16 p. : free : (GP)

Discusses fat content in milk. Reviews the types and varieties of cheese and how they are classified according to fat content.

FV0116
LA FONDUE
Switzerland Cheese Association : Switzerland Cheese of Canada Ltd. [distributor], 1970
36 p. : free : (GP)

A collection of authentic fondue recipes from Switzerland. Includes a brief history of the dish, definitions of terms used in fondue cookery, and tips on how to select fondue equipment.

FV0117
PRODUCTION OF CHEESE
Switzerland Cheese Association : Switzerland Cheese of Canada Ltd. [distributor], 1979
[20] p. : free : (GP)

Outlines the production of cheese from cow to finished product.

FV0118
WHAT IS CHEESE?
Switzerland Cheese Association : Switzerland Cheese of Canada Ltd. [distributor], 1977
[12] p. : free : (GP)

Describes what cheese is and outlines the nutrient composition. Reviews the basic kinds available.

FV0119
FROM SWITZERLAND THE NATURAL CHEESE COUNTRY - CHEESE SALADS
Switzerland Cheese Association : Switzerland Cheese of Canada Ltd. [distributor], 1976
[8] p. : free : (GP)

Offers recipes for a number of interesting cheese salads.

FV0120
FROM SWITZERLAND THE NATURAL CHEESE COUNTRY - BAKING WITH CHEESE
Switzerland Cheese Association : Switzerland Cheese of Canada Ltd. [distributor], 1976
[8] p. : free : (GP)

Offers imaginative recipes for baking with cheese.

FV0121
RACELETTE AND BRATKASE
Switzerland Cheese Association : Switzerland Cheese of Canada Ltd. [distributor], 1978
[6] p. : free : (GP)

Describes Racelette and Bratkase cheese. Outlines how the cheeses are made, what they are served with, and how to cook with them.

FV0122
NATURAL CHEESE FROM SWITZERLAND
Switzerland Cheese Association : Switzerland Cheese of Canada Ltd. [distributor], 1977
[16] p. free : (GP)

Outlines the cheesemaking process and the nutritional value of Swiss cheese. Describes the different Swiss cheeses.

FV0123
MILK
Manitoba Department of Health and Community Services, 1975
[6] p. : single copy free : (GP)

A guide to wise usage of dry milk. Includes recipes.

FV0124
CHEESE
Manitoba Department of Health and Community Services, 1975
[7] p. : single copy free : (GP)

A guide to buying, storing, and using cheese. Includes nutrition information and a few recipes.

FV0125
HOME-MADE DAIRY PRODUCTS
(Publication 1669)
Agriculture Canada (1), 1979
13 p. : free : (GP)

Contains information and instructions for making dairy products at home.

FV0126
DAIRY METRICS
(Publication 1642)
Agriculture Canada (1), 1978
[8] p. : free : (GP)

Shows the metric sizes of available dairy products and butter. Provides a metrics equivalent chart and recipes.

FV0127
SKIM MILK POWDER
(Publication 1106)
Agriculture Canada (1), 1978
17 p. : free : (GP)

A guide to buying, storing, and using skim milk powder. Includes recipes ranging from soups to desserts.

FV0128
DANISH, PLEASE !
Danish Cheese Export Board : Denmark Cheese Association, [197-?]
[8] p. : single copy free : (GP)

Describes the various Danish cheeses with the aid of photographs. Suggests a variety of colorful ways to serve Danish cheese.

FV0129
SAY "DANISH CHEESE" PLEASE
Danish Cheese Export Board : Denmark Cheese Association [distributor], [197-?]
[14] p. : free : (GP)

Offers tips on handling Danish cheese and provides nutritional information. Includes numbered photographs of the various Danish cheeses, and recipes for all occasions.

FV0130
THERE IS TIME TO COOK
Carnation Inc., 1979
22 p. : single copy free : (GP)

Contains recipes for every occasion, all using Carnation evaporated milk and each requiring less than one hour of preparation time. Illustrates finished products with colorful photographs.

FV0131
COOKING WITH A VELVET TOUCH
Carnation Inc., [197-?]
46 p. : single copy free : (GP)

Contains festive recipes using Carnation evaporated milk. Includes colorful photographs of the finished products.

FV0132
THE 1981 MILK CALENDAR
Ontario Milk Marketing Board : Milk Calendar [distributor], 1981
[30] p. : $1.00 : (GP)

A 1981 calendar containing twelve recipes which illustrate the versatility of milk.

FV0133
VEGETABLE PROTEIN: PRODUCTS AND THE FUTURE
Food Protein Council, [197-?]
[10] p. : free : (GP)

Reviews the benefits of soy protein to both affluent and poor nations. Looks at the soy protein cycle and emphasizes the need for an increasing use of this nutritious food source.

FV0134
SOYBEANS IN FAMILY MEALS
University of Missouri, [1976?]
26 p. : single copy free : (GP)

Provides information on vegetable-type green and dry soybeans, soybean sprouts, soy flour and grits, soy milk, soybean curd, and soybean mash or pulp. Includes tips on how to buy, store, prepare, and use these products. Includes a variety of recipes.

FVC135
DRY BEANS AND PEAS
Manitoba Department of Health and Community Services
[8] p. : single copy free : (GP)

A guide to buying, storing, and cooking dry beans and peas. Outlines food value and answers to questions commonly asked about dry beans and peas. Recipes included.

FVC136
BLACKEYED BEAUTY
California Dry Bean Advisory Board, [197-?]
15 p. : single copy free : (GP)

Provides information on the history and usage of blackeyed peas. Outlines shopping and storage tips as well as suggestions of ways to use them in meals. Recipes included.

FVC137
CONTEMPORARY SOYA RECIPES
by F. S. Pearson
American Soybean Association, 1977
18 p. : single copy free : (GP)

A recipe book using ten soy products including cooking oil, margarine, and shortening. Includes protein and calorie analysis for each recipe, as well as the percentage protein each contains.

FVC138
CALIFORNIA WAYS WITH CALIFORNIA DRY BEANS
by Genevieve Callahan
California Dry Bean Advisory Board, [197-?]
32 p. : $1.00 : (GP)

A cookbook emphasizing the eight principal varieties of beans grown in California.

FVC139
HOG CARCASS TO PRIMAL CUTS - FROM STEER TO BEEF
Meat Packers Council of Canada, [197-?]
[2] p. : single copy free: (GP)

Looks at processing credits (by-products and waste), secondary products, and prisal cuts of pork. Examines dressing percentage, wholesale cuts, and retail cuts of beef.

FVC140
ONTARIO PORK
Ontario Pork Producers Marketing Board
[14] p. : single copy free : (GP)

Outlines hog production in Ontario. Looks at the pork producer's farm and facilities, the Ontario Pork Producer's Marketing Board, and government inspection of pork.

FVC141
BEEF CUTS - PORK CUTS
Meat Packers Council of Canada, 1967
[2] p. : single copy free : (GP)

A chart which shows beef cuts on one side and pork cuts on the other.

FVC142
MEAT COOKING AND STORAGE GUIDE
Canada Packers Ltd., [197-?]
[6] p. : single copy free : (GP)

Illustrates less tender, moderately tender, and tender cuts. Includes a beef cooking chart, lamb-pork-veal cooking charts, Maple Leaf Meats Cooking Chart, poultry cooking chart, and meat storage hints.

FVC143
NUTRITION INFORMATION CAN WORK FOR YOU
General Foods (2), 1980
60 p. : single copy free : (GP)

A booklet giving the nutrient composition of General Food's products.

FVC144
BEEF CUTS
Beef Information Centre, [197?]
1 p. : single copy free : (GP)

A detailed chart of beef cuts showing the less tender, medium tender, and tender cuts.

FVC145
S.T.R.E.T.C.H. YOUR BEEF DOLLAR
Beef Information Centre
[12] p. : single copy free : (GP)

A complete guide to budgeting with beef, including money-saving tips and budget recipes.

FVC146
TALKING TURKEY
Canadian Turkey Marketing Agency : Ontario Turkey Board [distributor], [197-?]
16 p. : single copy free : (GP)

Outlines the buying, storing, roasting, and carving of turkey. Discusses nutrition, microwave cooking, and barbecuing. Includes recipes.

FV0147
RECIPES FOR THE NEW TURKEY
Ontario Turkey Board, [197-?]
[10] p. : free : (GP)

Compares the protein, riboflavin, and niacin content of turkey to other meats. Contains a variety of recipes. Includes instructions for roasting turkey.

FV0148
SAUSAGE - A GUIDE TO THE WORLD'S MOST POPULAR FAMILY OF FOODS
International Natural Sausage Casing Association
12 p. : single copy free ; (GP)

A guide to the variety of sausages available. Provides information on storage and the preparation of home-made sausages. Includes recipes and serving suggestions.

FV0149
ANATOMY OF A HOT DOG
Armour-Dial, Inc., 1973
[8] p. : single copy free : (GP)

Outlines the composition of Armour hot dogs.

FV0150
BUTCHER'S TOUR OF ONTARIO PORK
Ontario Pork Producers Marketing Board
[197-?]
[12] p. : free : (GP)

Provides a detailed chart of primal and retail cuts of pork as well as cured and smoked products. Includes recipes and information on cooking methods.

FV0151
BARBECUE PORK RECIPES
Alberta Hog Producers Marketing Board,
[197-?]
[8] p. : free : (GP)

Reviews cooking times and temperatures for barbecued pork as well as tips for rotisserie roasts. Provides a number of imaginative recipes.

FV0152
DELICIOUSLY DIFFERENT NEW ALBERTA PORK RECIPES
Alberta Hog Producers Marketing Board
[8] p. : single copy free : (GP)

Contains a variety of interesting recipes using pork. Reviews buying tips, nutrition, and the new recommended internal temperatures for cooked pork.

FV0153
"FACTS ABOUT PORK"
Ontario Pork Producers Marketing Board,
[197-?]
[12] p. : free : (GP)

Outlines how to purchase, store, freeze, cook, and carve pork cuts. Includes nutritional information.

FV0154
PORK POUBRI - FESTIVE PORK FOR ALL OCCASIONS
Saskatchewan Pork Council, [197-?]
[6] p. : single copy free : (GP)

Contains several festive recipes using pork.

FV0155
PORK
(Publication 1428)
Agriculture Canada (1), 1978
[8] p. : free : (GP)

A guide to selecting, purchasing, storing, and preparing pork. Includes recipes and a roasting timetable.

FV0156
PORK BUYER'S GUIDE
(No. 26-901)
National Livestock and Meat Board, 1979
[3] p. : $0.50 : (GP)

A calculator for working out cost per serving of various pork cuts and determining the appropriate cooking method. Includes instructions for each cooking method.

FV0157
7 EXCITING WAYS TO PREPARE PORK "CHINESE STYLE"
Saskatchewan Pork Council, [197-?]
[8] p. : single copy free : (GP)

Seven recipes for Chinese food using pork. Includes hints for Chinese cooking.

FV0158
PORK - DELICIOUS APPETIZERS
Saskatchewan Pork Council, [197-?]
[6] p. : single copy free : (GP)

A number of interesting recipes for appetizers using pork.

FVC159
SASKATCHEWAN PORK NATURALLY
Saskatchewan Pork Council, [197-?]
[6] p. : single copy free : (GP)

Reviews refrigerator and freezer storage temperatures and times. Contains a number of imaginative recipes.

FVC160
SOYBEAN PROCESSING CHART
Ontario Soya-Bean Growers' Marketing Board, [197-?]
1 p. : single copy free : (GP)

A soybean utilization chart.

FVC161
THE MAGIC STORY OF MUSHROOMS - HOW THEY GROW AND HOW THEY ENHANCE ANY DISH
Canadian Mushroom Growers Association, [197-?]
[2] p. : single copy free : (GP)

Illustrates the steps involved from the point of spawning the mushrooms to the point of readiness for market. Includes recipes.

FVC162
THE ROMANCE OF FIDDLEHEADS
McCain Foods Ltd., [197-?]
[8] p. : free : (GP)

Discusses where fiddleheads grow and the symbolism attached to them. Outlines how to cook and serve this vegetable. Recipes included.

FVC163
ONTARIO VEGETABLES BUYING AND STORAGE GUIDE
Ontario Ministry of Agriculture and Food, [1976]
[4] p. : single copy free : (GP)

Lists Ontario vegetables and provides information on availability, buying and storage.

FVC164
ONTARIO SUMMER VEGETABLES
Ontario Ministry of Agriculture and Food, [197-?]
[6] p. : free : (GP)

Outlines the preferred treatment for a list of summer vegetables. Includes two salad and four dip recipes.

FVC165
DOLE FRESH MUSHROOM COOKERY
Castle and Cooke, Inc., 1976
36 p. : single copy free : (GP)

Briefly outlines selection, storage, and use of mushrooms. Contains a wide variety of interesting recipes to suit any occasion.

FVC166
ARE VEGETABLES DOING THEIR "THING" FOR YOU?
Stokely-Van Camp, Inc., [197-?]
14 p. : single copy free : (GP)

Examines the reasons for including vegetables in meals. Discusses the use and safety of canned vegetables. Provides tips for cooking canned and frozen vegetables. Recipes included.

FVC167
FRESH CANADIAN VEGETABLES
(Publication 1476)
Agriculture Canada (1), 1976
34 p. : free : (GP)

Provides detailed coverage of the buying, cooking, and serving of Canadian vegetables. Includes a good selection of recipes.

FVC168
THE EGG PRIMER
Ontario Egg Producers Marketing Board, [1980?]
22 p. : free : (GP)

A guide to the composition and nutritive value of eggs. Buying, storing, and cooking of eggs are outlined. Recipes included.

FVC169
EGGS
Manitoba Department of Health and Community Services, 1975
[8] p. : single copy free : (GP)

A guide to buying, storing, and using eggs. Includes sample menu plans using eggs as well as some basic recipes.

FVC170
EGGS AND EGG PRODUCTS
(Publication 1498)
Agriculture Canada (1), 1977
59 p. : free : (GP)

A guide to the nutritional value of eggs, egg formation and structure, physical and chemical composition, factors influencing egg quality and quality retention, grading, and other quality measurements. Includes references and an outline of egg products available.

FV0171
SUBSTITUTES FOR WHOLE MILK
American Medical Association (2), 1969
[2] p. : single copy free: (P)

Describes "filled milk" and "imitation milk", which are the two types of products used in place of whole milk.

FV0172
FINGERTIP FACTS ABOUT CALIFORNIA BEANS
California Dry Bean Advisory Board, [197-?]
[6] p. : single copy free : (GP)

Reviews the latest findings by agricultural scientists and nutritionists regarding beans, and translates them into kitchen language. Describes the various types of beans.

FV0173
SUGARS AND NUTRITIVE SWEETENERS IN PROCESSED FOODS
Institute of Food Technologists, 1979
5 p. : $0.50 : (P)

Provides a handy reference on the various nutritive sweetners. Reviews the trends in sweetener consumption. Discusses why these sweeteners are added to foods and their relationship to dental caries and other diseases.

FV0174
SOYBEANS ARE FOR EATING
Ontario Soya-Bean Growers Marketing Board, [197-?]
[6] p. : single copy free : (GP)

Explains why soybeans are good to eat. Provides a nutrient comparison chart for cooked soybeans, soyflour, roast beef, milk, and eggs. Looks at the economy and uses of soybeans.

FV0175
BEEF THE FOOD YOU'RE RIGHT TO LIKE
(No. 28-115)
National Livestock and Meat Board, 1977
[4] p.: $0.25 : (GP)

Outlines the nutritional reasons why beef has its place in a balanced diet. Provides a nutrient breakdown chart for a 3 oz. serving of cooked lean beef.

FV0176
BEEF - SIZZLING WAY TO MEET AMERICA'S MOST DIFFICULT DIET REQUIREMENT
(No. 28-116)
National Livestock and Meat Board, 1977
[4] p. : $0.25 : (GP)

Reviews the iron deficiency problem in the United States and promotes beef as a principal source of iron.

FV0177
THE GOOD PROTEIN OF BEEF
(No. 28-117)
National Livestock and Meat Board, 1977
[4] p. : $0.25 : (GP)

Discusses beef protein and why some proteins are considered better than others.

FV0178
THE PROTEIN POWER OF SOYBEANS
Food Protein Council, [197-?]
[6] p. : single copy free : (GP)

Discusses the protein, and nutrition of soybeans. Describes various soy protein products.

FV0179
EGG HANDBOOK
Manitoba Egg Producers Marketing Board, [197-?]
12 p. : single copy free : (GP)

A guide to nutrition, grading, buying, storing, and cooking of eggs. Provides a wide variety of recipes.

FV0180
ONTARIO APPLES
Ontario Ministry of Agriculture and Food, [197-?]
[6] p. : free : (GP)

Lists the Ontario apples with their respective description, use and availability. Outlines selection and care of apples. Recipes included.

FV0181
CALIFORNIA PRUNES... JUST PLUM GOOD!
California Prune Advisory Board, 1979
[8] p. : single copy free : (GP)

Outlines a brief history of prunes. Discusses harvest time and provides information on buying, storing, and cooking prunes. Includes nutritional information.

FV0182
THE INSIDE STORY (AND THE OUTSIDE TOO) OF FRESH CITRUS FRUIT
Sunkist Growers, Inc., [197-?]
[16] p. : single copy free : (GP)

A guide to producing, buying, storing, and using citrus fruits. Includes a wide selection of recipes.

FV0183
CANNED SALMON
Canned Salmon Institute, [197-?]
[8] p. : single copy free : (GP)

Includes a nutritional guide, illustrations of salmon species, and recipes.

FV0184
FACTS ABOUT PORK
(No. 26-152)
National Livestock and Meat Board, 1978
[10] p. : $0.25 : (GP)

Reviews the nutrient composition of pork. Outlines selection, care and storage, freezing and defrosting, and pork cookery. Provides instructions for different cooking methods.

FV0185
APPLES
International Apple Institute, [1976?]
[6] p. : single copy free : (GP)

Designed to teach the importance of apples and the apple industry. Acquaints future homemakers with the practical aspects of apples.

FV0186
THE AVOCADO BRAVO
California Avocado Advisory Board
48 p. : $0.50 : (GP)

A well-illustrated cookbook filled with a wide variety of recipes using avocados. Includes nutritional information.

FV0187
NABOB COFFEE - THE STORY BEHIND IT
Nabob Foods Ltd., [197-?]
5 p. : single copy free : (GP)

Outlines history and sources, the cultivation, dry and wet processing, roasting, blending, tasting, grinding, and packaging of coffee.

FV0188
COFFEE AND BRAZIL
Nabob Foods Ltd., [197-?]
12 p. : single copy free : (GP)

Gives a glimpse of the land where coffee is the most important crop.

FV0189
RAISINLAND, U.S.A.
California Raisin Advisory Board,
[197-?]
[4] p. : free : [E]

A teaching unit for elementary schools. Used to teach children what raisins are, what types are available and how production and processing is carried out. Includes recipes and a list of projects.

FV0190
FROSTY FRUITS OF SUMMER
California Tree Fruit Agreement, [197-?]
[6] p. : free : (GP)

Defines frosty refreshments and their origins. Outlines selection of fruits and preparation of frosty fruits. Includes recipes, suggestions for meals, and nutrition information.

FV0191
CRANBERRIES - AMERICAS FAVORITE NATIVE FRUIT
Ocean Spray Cranberries, Inc., [197-?]
[8] p. : free : (GP)

Looks at the history and types of cranberries. Outlines the production and processing of this berry.

FV0192
SNACKS, MUNCHIES, NIBBLES AND MINI-MEALS - START NATURALLY WITH APRICOTS
California Apricot Advisory Board,
[197-?]
[6] p. : free : (GP)

Includes a variety of recipes for nibbles, munchies, and mini-meals using apricots.

FV0193
DISCOVER BLUE GRAPES
Ontario Ministry of Agriculture and Food, [1977?]
[6] p. : free : (GP)

Outlines how to freeze blue grapes. Contains a variety of imaginative recipes using this fruit. Includes the basic steps for making red wine.

FV0194
ONTARIO PEACHES - DELICIOUS!
Ontario Tender Fruit Growers Marketing Board, [197-?]
[6] p. : free : (GP)

Outlines various methods of preserving peaches, including canning and freezing, with or without sugar. Includes a variety of interesting recipes.

FV0195
PEACH POWER
Ontario Ministry of Agriculture and Food, [197-?]
[6] p.: free : (GP)

Names the best peaches for eating fresh, preserving, or freezing. Contains recipes.

FV0196
PRUNES - NATURE'S LITTLE HEALTH FOOD STORE
California Prune Advisory Board, [197-?]
[4] p. : free : (GP)

Discusses the nutrient values of prunes, and compares these values to those of some fresh fruits. Includes recipes and a wide variety of suggestions for use in meals.

FV0197
A RAISIN IS A DRIED GRAPE...
California Raisin Advisory Board, [197-?]
[24] p. : sample copy free : (GP)

Outlines the history of raisins. Covers the method of growing, drying, and processing raisins. Uses a chart to show the particulars of the different types of raisins available. Offers suggestions for using raisins.

FV0198
RAISIN NUTRITION
California Raisin Advisory Board, [1978?]
[4] p. : free : (GP)

Looks at the nutrient compostion of raisins. Suggests the use of raisins for the diabetic.

FV0199
ALL ABOUT APRICOTS
California Apricot Advisory Board, [197-?]
[6] p. : single copy free : (GP)

Outlines the history and origin of apricots as well as the varieties available. Reviews nutrient values. Includes tips on buying and using this versatile fruit.

FV0200
"A GOOD HEALTH MESSAGE FROM THE CALIFORNIA APRICOT ADVISORY BOARD"
California Apricot Advisory Board, [197-?]
[2] p. : single copy free : (GP)

A guide to purchasing apricots; canned, dried, fresh, or in nectar form. Provides a chart with nutrient analysis. Examines the use of apricots in a variety of therapeutic diets.

FV0201
APPLE NOTEBOOK
Washington State Apple Commission, [197-?]
[4] p. : free : (GP)

Outlines composition and nutrients, preparation and uses, whitening or bleaching agents, and purchasing, storage, and care of apples. Includes a chart to describe availability of the variety of Washington apples. Provides a dictionary of apple terms. Recipes included.

FV0202
ONTARIO FRUITS - BUYING AND STORAGE GUIDE
Ontario Ministry of Agriculture and Food, [197-?]
[4] p. : single copy free : (GP)

Lists Ontario fruits and explains availability, purchasing, storage, and storage life.

FV0203
NOTHING GOES WITH YIDDISH TA'AM LIKE MUELLER'S
C. F. Mueller Company, [1978?]
[8] p. : free : (GP)

Contains Jewish recipes which have been adapted to today's American tables.

FV0204
A POTFUL OF BEANS IS A POT FULL OF NUTRITION
California Dry Bean Advisory Board, [197-?]
[6] p. : single copy free : (GP)

A guide to buying, storing, and cooking beans. Includes nutritional information.

FV0205
SALT TODAY AND YESTERDAY
Morton Salt Company, [197-?]
22 p. : single copy free : (GP)

Provides a brief history of salt through the ages. Outlines modern methods of production and processing and reviews the uses of salt.

FV0206
COOKING WITH CORN SYRUP
Canada Starch Company, Ltd., [197-?]
[12] p. : free : (GP)

Answers questions on what corn syrup is and how it is made, its nutritional value, the types available, and how it is stored. Includes a good selection of recipes.

FV0207
THE MIRACLE OF MAPLE
Ontario Ministry of Agriculture and Food, [197-?]
[6] p. : free : (GP)

Reviews the production of maple syrup, the care it requires, and its uses. Recipes included.

FV0208
THE DELICIOUS DEPENDABLE BEAN
Ontario Ministry of Agriculture and Food, [197-?]
[6] p. : free : (GP)

Briefly outlines cooking and storing of dry beans. Recipes included.

FV0209
A RECIPE ON BEAN COOKERY
California Dry Bean Advisory Board, [197-?]
10 p. : single copy free : (GP)

Tells how to use dry beans to supply essential nutrients. Points out the functional value of bean fibre. Offers tips on buying, soaking, cooking, and storing dry beans. Includes recipes for using the twelve varieties of beans illustrated.

FV0210
MORE FUN AND FLAVOUR WITH SPICES
edited by Marjorie Elwood
Canadian Spice Association : W. H. Schwartz and Sons Ltd. [distributor], [197-?]
62 p. : single copy free : (GP)

A cookbook offering a wide variety of recipes using spices. Includes the history for each spice, herb, and seed listed.

FV0211
BROCCOLI - A VEGETABLE WITH A HISTORY
United Fresh Fruit and Vegetable Association, [197-?]
[6] p. : single copy free : (GP)

Includes tips on selection, care, nutrition, and uses of broccoli. Also contains recipes.

FV0212
NEW RECIPES WITH SOY OIL
American Soybean Association, [197-?]
31 p. : single copy free : (GP)

A recipe book of illustrated recipes using soy oil.

FV0213
HONEY...ANYTIME
California Honey Advisory Board, [197?]
32 p. : $1.00 : (GP)

An illustrated cookbook using honey as the basis for recipes. Includes facts pertaining to honey.

FV0214
COOKING WITH REAL MAYONNAISE
Canada Starch Company, Ltd., [197-?]
[12] p. : free : (GP)

Discusses the composition of Hellman's mayonnaise. Includes recipes.

FV0215
COOKING WITH CORN OIL
Canada Starch Company, Ltd., [197-?]
[12] p. : free : (GP)

Contains a variety of recipes using Mazola corn oil. Discusses the composition of Mazola corn oil, nutritional value, storage, and uses.

FV0216
THE CRISCO OIL COOKBOOK
Procter and Gamble, Ltd., [1979?]
22 p. : sample copy free : (GP)

A recipe book using Crisco oil. Includes helpful hints for frying and a list of useful utensils. Colorful photographs illustrate many of the finished products.

FV0217
SOY PROTEIN: IMPROVING OUR FOOD SYSTEM
Food Protein Council, [1978?]
[6] p. : free : (GP)

Reviews the growing demand for soy protein and the diversity of its application to food products.

FV0218
THE FRESH APPROACH - STRAWBERRIES
United Fresh Fruit and Vegetable Association, [1975?]
[6] p. : single copy free : (GP)

Outlines selection, care, and use of strawberries. Provides nutrition tips and recipes.

FV0219
MEET THE FLORIDA AVOCADO
Florida Avocado Administrative Committe, [197-?]
[1] p. : single copy free : (GP)

Briefly outlines the history of the avocado, how to plant your own, and the nutritional content. Provides buying, storing, and preparation tips. Includes recipes and serving suggestions.

FV0220
SUGAR
Kellogg Company, [197-?]
[8] p. : free : (GP)

Discusses various aspects of sugar including its role in ready-to-eat cereals.

FV0221
SUGAR AND HEALTH
Kellogg Company, [1979?]
[6] p. : free : (GP)

Presents some of the most recent findings concerning sugar and its relationship to health.

FV0222
A FEW FACTS ABOUT SUGAR
Kellogg Salada Canada, Ltd., [1977?]
[1] p. : free : (GP)

Reviews the roles that sugar plays in cereals.

FV0223
WHY SUGAR?
The Sugar Association, Inc., [1977?]
32 p. : free : (GP)

Responds to questions regarding why sugar is added to so many processed foods.

FV0224
SUGAR: FACT AND FICTION
The Sugar association, Inc., [1977?]
35 p. : free : (GP)

Addresses some of the most commonly asked questions about sugar. Draws upon scientific literature.

FV0225
THE CALIFORNIA ICEBERG LETTUCE PRIMER ON HOW TO STAY SLIMMER
California Iceburg Lettuce Commission, [1976?]
[10] p. : free : (GP)

Reviews the American food guide. Outlines steps for lettuce care, and illustrates the ways to prepare iceberg lettuce. Includes recipes for salads and a variety of dressings.

FV0226
SIX DELICIOUS WAYS TO BRIGHTEN UP YOUR DAY WITH THE SUNNY-SOUTHERN CALIFORNIA AVOCADO
California Avocado Advisory Board, [1976?]
[6] p. : free : (GP)

Contains six imaginative recipes using avocados. Briefly outlines nutrient content, purchasing, and cutting of the avocado.

FV0227
SUGAR IN THE DIET OF MAN
S. Karger : The Sugar Association, Inc. [distributor], [1977?]
65 p. : single copy free : (P)

Looks at the role of sugar in modern nutrition. Examines the role of sugar as it relates to cardiovascular disease, obesity, diabetes, hypoglycemia, and dental decay.

FV0228
THE ROLE OF SUCROSE IN FOODS
by Alfred Lachman
The International Sugar Research Foundation : The sugar Association, Inc. [distributor], 1975
279 p. : single copy free : (P)

Provides a summary of approximately 70 research projects which dealt with the function of sucrose in foods and its influence on the quality of major food products.

FV0229
GET CRACKING WITH EGGS - A TEACHING GUIDE
British Columbia Egg Marketing Board : Ontario Egg Producers Marketing Board [distributor], [1978?]
47 p. : $10.00 : (P)

This comprehensive guide covers egg production and marketing, buying and storing, nutritional content, the function of eggs in cooking, and five basic recipes for eggs.

FV0230
RAPESEED POTENTIAL IN WESTERN CANADA - AN EVALUATION OF A RESEARCH AND DEVELOPMENT PROGRAM
(Publication 1517)
W. P. Darcovich
Agriculture Canada (1), 1973
42 p. : single copy free : (P)

A report which explores the potential of rapeseed as an important cash crop in Canada. Provides an economic analysis of the relative costs and benefits of a varietal breeding program.

FV0231
ALL ABOUT SAUSAGES
Oscar Mayer and Company, 1973
(56) p. : sample copy free : (GP)

Contains more than 300 recipes using sausages. Discusses the history of sausages and smoked meats, processing, and ingredients. Outlines buying, storing, and using sausages. Includes information on calories and nutrient content.

FV0232
EGGS GO METRIC
Canadian Egg Marketing Agency : Ontario Egg Producers Marketing Board [distributor], [1977?]
56 p. : $1.00 : (P)

A teaching handbook providing tested egg recipes in metric. Includes a comprehensive reference list and provides information on egg composition, the egg industry, and egg as a food.

FV0233
NUTRITIONAL ASPECTS OF SOY PROTEIN PRODUCTS
by I. E. Liener
American Soybean Association, [1975?]
68 p. : single copy free : (P)

Deals primarily with the nutritional properties of the soybean and of various food products derived from it.

FV0234
SOY PROTEIN IN ADULT HUMAN NUTRITION: AN UPDATE WITH ORIGINAL DATA
by V. R. Young and N. S. Scrimshaw
American Soybean Association, [1973?]
56 p. : single copy free : (P)

Considers the capacity of soy protein to meet human amino acid requirements. Discusses other nutritional and health aspects pertinent to the long term effects of large amounts of ingested soy.

FV0235
HOME ECONOMIST STUDY
American Soybean Association, 1979
[16] p. : single copy free : (P)

Determines awareness, perception and usage of various types of cooking oils by two groups of home economists, one in business and one in education.

FV0236
KINDS OF SOY PRODUCTS
by W. J. Wolf
American Soybean Association, [1976?]
11 p. : single copy free : (P)

Describes the three soy cereal protein forms; flours and grits, concentrates, and isolates. Also outlines their conversion into textured products.

FV0237
BAKERY APPLICATIONS FOR SOY PROTEIN PRODUCTS
by M. S. Cole
American Soybean Association, [1976?]
10 p. : single copy free : (P)

Reviews the types of soy protein products used by the baking industry.

FV0238
SOY PROTEIN CONCENTRATES AND ISOLATES
by L. D. Williams, E. W. Meyer, G. Puski, and W. W. Cravens
American Soybean Association, [1976?]
28 p. : single copy free : (P)

Reviews the processing, composition, properties, and food uses of soy protein concentrates and isolates. Emphasizes product properties.

FV0239
SOY - A VERSATILE INGREDIENT FOR BAKERY FOODS
by D. K. Dubois
American Soybean Association, 1978
26 p. : single copy free : (GP)

Reviews the soy products which have gained acceptance as bakery foods in the U.S. Discusses processing techniques and reviews the benefits of using soy products.

FV0240
CONSUMER ACCEPTABILITY AND SENSORY QUALITY OF MATURITY CLASS I AND II BEEF
by D. Sim and E. Larmond
Agriculture Canada (2), 1979
27 p. : single copy free : (P)

Compares consumer acceptability, sensory quality, consumer purchasing preference, cooking losses, moisture and fat content, and Warner-Bratzler shear values for maturity class I and II beef.

FV0241
A STUDY OF KNOWLEDGE OF, AND ATTITUDES TOWARD, SOY OIL AMONG HOSPITAL DIETITIANS
American Soybean Association, 1979
40 p. : single copy free : (P)

Investigates prevailing knowledge of, and beliefs about soy oil among dietitians.

FV0242
SOY OIL UTILIZATION - CURRENT SITUATION AND POTENTIAL
by D. Erickson and R. Falb
American Soybean Association, [1979?]
[4] p. : single copy free : (P)

Reviews results of studies done to determine extent of soy usage in relation to other oils. These figures were used to project future potential use of soy.

FV0243
SOY PROTEINS - THEIR APPLICATIONS IN MEAT AND MEAT FOOD PRODUCTS
by R. N. Terrell and W. G. Readdy
American Soybean Association, [1976?]
12 p. : single copy free : (P)

Provides a basic overview of both structured and unstructured soy products and their application in processed meats.

FV0244
B.C. ALL-PURPOSE SPARTAN APPLE RECIPES
B. C. Tree Fruits Ltd., [1979?]
94 p. : free : (GP)

Briefly describes the characteristics of the apple. Includes recipes and suggestions for party snacks.

FV0245
NEW WAYS TO ENJOY B. C. PEARS
B. C. Tree Fruits Ltd., [1977?]
[6] p. : free : (GP)

Describes how to ripen Bartlet and Anjou pears. Contains a variety of recipes using pears.

FV0246
TRY SOMETHING NEW! CANTALOUPE, HONEYDEW, PERSIAN MELON, SPANISH MELON
Dominion Stores Ltd., [197-?]
[6] p. : free : (GP)

Briefly describes the different melons. Contains recipes for preserves and desserts.

FV0247
A TASTE OF THE TROPICS - PAPAYA, AVOCADO, KIWI, FRUIT MANGO
Dominion Stores Ltd., [197-?]
[6] p. : free : (GP)

Describes each fruit briefly and gives a procedure for preparation of a ripe melon. Includes recipes.

FV0248
COFFEE RICH RECIPES
Rich Products of Canada, Ltd., [197-?]
[11] p. : single copy free : (GP)

Contains several recipes using Coffee Rich, a non-dairy creamer.

FV0249
THE INSIDE CITRUS STORY
Dominion Stores Ltd., [197-?]
[6] p. : free : (GP)

Outlines how to section oranges and grapefruits. Gives directions for garnish designs from citrus fruits. Includes a recipe for Ambrosia.

FV0250
ONTARIO'S SUMMER FRUITS
Ontario Ministry of Agriculture and Food, 1978
[6] p. : free : (GP)

Provides information about seasonal fruit availability and lists useful facts about fruits. Recipes included.

FV0251
COOKING WITH STARCH
Canada Starch Company, Ltd., [197-?]
[12] p. : free : (GP)

Outlines nutritional value, ingredients, storage, use, and performance of corn starch. Includes recipes.

FV0252
COOKING MAGIC WITH HERBS - SPICES
McCormick and Company Inc., [197-?]
[16] p. : free : (GP)

Gives a detailed chart of herbs and spices and their uses.

FV0253
THE STORY OF COFFEE
General Foods (1), [197-?]
[10] p. : free : (GP)

Outlines the history of coffee. Describes the coffee tree and traces the coffee bean process from the plantation to home use.

FV0254
CHOCOLATE
General Foods (1), [197-?]
[10] p. : free : (GP)

Outlines the history of chocolate and its food value. Traces the cocoa bean from the tree to the table.

FV0255
ANYTIME IS DAIRYTIME
Dairy Bureau of Canada, [1980?]
15 p. : free : (GP)

Contains 42 colour illustrated recipes for dairy products.

FV0256
THE HISTORY OF CHOCOLATE
Nestle Enterprises Ltd., 1974
[8] p. : free : (GP)

Outlines the history of chocolate and reviews the discovery of the Toll House cookie. Illustrates the cocoa bean through processing to the finished product. Recipes included.

FV0257
SUGAR HOW SWEET IT IS - AND ISN'T
(FDA 80-2127)
US DHEW (2), 1980
[3] p. : free : (GP)

Looks at the reasons why sugar in the diet has become a controversial issue in recent years. Includes a brief explanation of the more common sugars and sweetners.

FV0258
LEARNING WITH RAISINS
California Raisin Advisory Board,
[197-?]
[2] p. : free : (E)

Outlines raisin production and includes recipes and suggestions for games and projects.

FV0259
NOVA SCOTIA RABBIT... MMM GOOD!
Nova Scotia Department of Agriculture and Marketing, [197-?]
[12] p. : single copy free : (GP)

A guide to selecting, buying, and cooking rabbit. Recipes included.

FV0260
A GOOD NAME ... FOR GOOD COOKING
St. Lawrence Starch Company Ltd.,
[197-?]
64 p. : single copy free : (GP)

A recipe booklet designed for cooking and baking with oil. Includes helpful hints.

FV0261
CANOLA OIL IS ...
Rapeseed Association of Canada, [1979?]
[5] p. : free : (P)

Outlines Canola oil's uses, physical characteristics, and availability in Canda.

FV0262
CANOLA OIL - PROPERTIES, PROCESSES AND FOOD QUALITY
(Publication No. 55)
by M. V. Gensor and M. A. Eskin
Rapeseed Association of Canada, 1974
38 p. : free : (P)

Presented as a source of information about Canola oil for professionals in food technology, dietetics, and home economics. Discusses current areas of research with some prospects for future development.

FV0263
SOYBEAN RECIPES
Ontario Soy-Bean Growers' Marketing Board, [197-?]
54 p. : $0.50 : (GP)

Outlines the history of soybeans and the reasons for using them as a food source. Provides information on preparation and cooking of dried soybeans, roasted soybeans, and soy flour. Recipes are included in each section.

FV0264
THE HISTORY, CHARACTERISTICS AND USES OF THE WALNUT: "JUGLANS REGIA"
Diamond Walnut Growers, Inc., [197-?]
[6] p. : free : (GP)

A guide to selecting, buying, storing, and using walnuts. Includes nutritional information.

FV0265
NORTH CAROLINA YAM DISHES
North Carolina Yam Commission, [197-?]
[12] p. : free : (GP)

Contains a good selection of recipes using yams. Briefly outlines the forms of sweet potatoes available in the market. Includes some nutritional information.

FV0266
BEE HONEY WISE
California Honey Advisory Board, [197-?]
[6] p. : single copy free : (GP)

Discusses the bee hive and its operation. Describes the types and flavors of honey. Includes recipes.

FV0267
NORTH CAROLINA YAMS
North Carolina Yam Commission, [197-?]
[6] p. : free : (GP)

Gives answers to questions about North Carolina Yams. Includes composition and nutritive values for the yam as compared with other potatoes, steak, orange juice, and milk.

FV0268
SOY, WHAT'S NEW TV RECIPES
American Soybean Association, [197-?]
24 p. : single copy free : (GP)

Outlines the history of soybeans and reasons for using them. Gives information on freezing, canning, and cooking techniques. Contains an assortment of recipes using the different soybean forms.

FV0269
SAUSAGE I. D.
Oscar Mayer and Company, 1975
[4] p. : single copy free : (GP)

Describes the various salamis, meat loaves, and other speciality cold meats. Suggests many ways of using sausages in meals. Includes a list of labelling terms.

FV0270
THE PEANUT FOLDER
National Peanut Council, 1980
[8] p. : free : (E)

A teachers guide for teaching children about the history and development of the peanut industry, the nutritional capacity of peanuts, and the uses of peanuts.

FV0271
HOW WELL DO YOU KNOW COFFEE
National Coffee Association, [197-?]
[4] p. : single copy free : (GP)

Offers information and facts about coffee farms and coffee production.

FV0272
FAVORITE RECIPES FOR POPCORN SNACKSTERS AND FASCINATING FACTS ABOUT THIS FUN FOOD
The Popcorn Institute, [1978?]
[8] p. : free : (GP)

Contains a variety of unusual recipes using popcorn. Instructs how to make perfect popcorn.

FV0273
WHICH SNACK IS WHOLESOME, NATURAL, ECONOMICAL, DELICIOUS AND FUN
The Popcorn Institute, [1978?]
[4] p. : free : (GP)

Looks at reasons why popcorn is considered a wholsome snack. Compares its nutritive value to other snacks. Includes recipes and suggestions for use.

FV0274
PEANUTS PACK PROTEIN POWER
National Peanut Council, [1978?]
[8] p. : free : (GP)

Compares the protein content of peanuts to other snack foods. Lists and describes market forms of peanuts. Suggests ways of including peanuts in the diet.

FV0275
GREAT ENTERTAINERS
Health and Welfare Canada (1) or (6), [1979?]
[14] p. : free : (GP)

Contains a variety of nutritious beverages and snack recipes for entertaining.

FV0276
CALIFORNIA APRICOT GROWER'S FAVORITE RECIPES
California Apricot Advisory Board, [1978?]
35 p. : free : (GP)

A recipe booklet for all occasions using apricots. Includes tips on selection, canning, drying, buying, and storing of apricots. Also reviews nutritional information.

FV0277
CARNATION FOOD SERVICE CENTER RECIPES
Carnation Inc., [197-?]
[11] p. : free : (GP)

Contains fifteen metric recipes using Carnation evaporated milk.

FV0278
QUESTIONS MOST FREQUENTLY ASKED ABOUT SUGAR
The Sugar Association, Inc., [1978?]
[2] p. : single copy free : (GP)

Answers questions regarding raw sugar, brown sugar, confectioners' sugar, sugar cubes, and honey.

FV0279
EXPLODING THE MYTHS ABOUT SUGAR
The Sugar Association, Inc., 1979
[4] p. : free : (GP)

Explains why the experts do not believe that consumption of carbohydrates, specifically sugar, should be related to the incidence of obesity or diabetes.

FV0280
SUGAR: A FACT SHEET
The Sugar Association, Inc., [1978?]
[2] p. : free : (GP)

A summary of basic information about sugar and its uses.

FV0281
A FEW FACTS ABOUT HOW WE USE SUGAR AS A FOOD
Kellogg Salada Canada, Ltd., 1977
[1] p. : free : (GP)

Reviews the reasons why sugar is used and discusses its role as a quick source of energy.

FV0282
MINCED FISH
(UNC-SG-78-08)
by T. C. Lanier and F. B. Thomas
UNC Sea Grant College Program, 1978
30 p. : $1.50 : (P)

Introduces the packer/processor of fish or meat products to the profit possibilities of minced fish. Outlines the production, processing, and use of minced fish.

FV0283
MICROWAVE - RICE IS NICE - CONVENTIONAL
Rice Council, [1978?]
12 p. : free : (GP)

Contains recipes which have been developed and tested on 650 and 700 watt microwave ovens.

FV0284
LOW CALORIE RICE RECIPES THE WHOLE FAMILY WILL ENJOY
Rice Council, [1979?]
[10] p. : free : (GP)

Contains twelve recipes for low-calorie eating with rice.

FV0285
FACTS ABOUT AMERICAN RICE
Rice Council, 1979
[4] p. : free : (GP)

Provides some history and facts about the growth of American rice production. Outlines rice drying and rice milling. Lists and describes the by-products of rice.

FV0286
BROWN RICE
Rice Council, [197-?]
[10] p. : free : (GP)

Outlines the nutritional value of brown rice as well as its cooking characteristics. Recipes included.

FV0287
TIPS ON NORTH CAROLINA YAMS
North Carolina Yam Commission, [197-?]
[4] p. : free : (GP)

Provides serving suggestions for yams. Outlines handling, cooking, and freezing of yams.

FV0288
CARRAGEENAN
Institute of Food Technologists, 1973
[2] p. : $0.50 : (P)

Discusses what carrageenan is, what it is used for, and whether or not it is safe.

FV0289
SCANDALOUS ROMAN RECIPES
Canada Starch Company, Ltd., [1979?]
[10] p. : free : (GP)

Contains recipes for a variety of Italian dishes. Coloured illustrations are included.

FV0290
HONEY AND BREAD PERFECT TOGETHER
California Honey Advisory Board, [197-?]
[6] p. : free : (GP)

Contains recipes for both yeast and quick breads using honey instead of sugar. Includes seven hints for better breads.

FV0291
QUICK AND EASY WAYS WITH BEEF
Beef Information Centre, [197-?]
[8] p. : single copy free : (GP)

A cookbook containing quick-to-prepare and inexpensive recipes. Includes time-saving tips and an appliance list.

FV0292
BEAN DISHES TO BRAG ABOUT
California Dry Bean Advisory Board, [197-?]
[6] p. : single copy free : (GP)

Contains information on preparing and cooking dry beans. Includes some nutritional information.

FV0293
FAVORITE FISH 'N' SEAFOOD RECIPES
Fisheries and Oceans Canada (2), [1978?]
[10] p. : free : (GP)

Contains a variety of selected fish and shellfish recipes.

FV0294
ICW CALORIE RESOURCE MANUAL FOR DIET PROFESSIONALS - CHICKEN
Nova Scotia Department of Agriculture and Marketing, [197-?]
ca. 30 p. : single copy free : (P)

Contains menus and recipes prepared for a 1200-calorie diet with the menus based on a diabetic diet.

FV0295
THE LOUISIANA YAM ... ITS DEVELOPMENT AND GROWTH
Louisiana Yam Commission, [197-?]
[10] p. : single copy free : (GP)

Outlines the growth and development of the Louisiana yam. Examines processing, appearance, and nutritional value of yams.

FV0296
THE VERSATILITY OF APRICOTS: EXCITING NEW RECIPES FOR DIABETIC DIETS
California Apricot Advisory Board, [1978?]
[6] p. : free : (GP)

Outlines the nutrient composition of apricots, the types available, and their use in the diabetic diet. Contains several interesting recipes, each with nutritional and diabetic exchange values. Exchanges are based on American values.

FV0297
YOGURT
Nova Scotia Department of Agriculture and Marketing, 1977
8 p. : single copy free : (GP)

A booklet of recipes using yogurt. Includes the instructions for making yogurt at home.

FV0298
THE BUTTER STORY
Butter Information Council, [1978?]
15 p. : single copy free : (GP)

Looks at butter and its nutritional contribution to the British diet. Reviews the structure of milk fat. Illustrates and explains the production and processing of butter.

FV0299
A GUIDE TO BUTTER IN BRITAIN
Butter Information Council, [1978?]
[5] : single copy free : (GP)

Examines the two types of butter sold in Britain. Discusses the history of butter, nutrient value, and the production process. Looks at British butter consumption patterns. Includes recipes.

FV0300
MILK ... ITS NUTRIENT VALUE
(E221)
National Dairy Council, 1979
8 p. : $0.50 : (GP)

Milk's composition and forms are reviewed with graphs and tables. American RDA's are used.

FV0301
LET'S TAKE MILK APART
(E118)
National Dairy Council, 1977
32 p. : $0.75 : (S)

Contains a set of food experiments designed to examine the components of milk.

FV0302
TAKING MILK APART
(E311)
National Dairy Council, 1975
28 p. : $0.75 : (S)

A teacher/leader guide explaining how to carry out food experiments.

FV0303
ICE CREAM FOR YOU AND ME
(E269)
National Dairy Council, 1975
24 p. : $0.50 : (E)

Explains ice cream making in a modern ice cream plant. Outlines simple experiments to explore the properties of ice cream.

FV0304
LABORATORY METHODS FOR SENSORY EVALUATION OF FOOD
(Publication 1637)
Agriculture Canada (1), 1977
73 p. : free : (P)

A guide to setting up sensory evaluation tests of food. Includes examples of questionnaires.

FV0305
ROGUES AND ROGUING CEREAL CROPS
Canadian Seed Growers Association
[1978?]
14 p. : single copy free : (P)

Provides information for the seed grower on the identification of rogues and the techniques of roguing pedigreed cereal crops.

FV0306
NATIONAL SURVEY OF BOXED BEEF
USDA (7), [1970?]
4 p. : single copy free : (P)

A summary of a national survey on boxed beef.

FV0307
ACCEPTABILITY OF CANADIAN SPECIALITY CHEESE
by Maria Nazarowec
Agriculture Canada (2). 1978
ca. 25 p. : single copy free : (P)

Attempts to determine if Canadian speciality cheeses are as acceptable to consumers as compared with imported speciality cheeses.

FV0308
CONSUMER KNOWLEDGE OF AND ATTITUDES TOWARDS SOY OIL AND SOY OIL PRODUCTS
American Soybean Association, 1978
19 p. : single copy free : (P)

Presents findings derived from four group interviews conducted with homemakers in St. Louis and New Orleans.

FV0309
SOY OIL PLACEMENT AND RECALL STUDY
American Soybean Association, 1978
ca. 30 p. : single copy free : (P)

A report of a study designed for the purpose of obtaining respondents' opinions of two combination liquid cooking oils; soy and corn oil, and soy and sunflowerseed oil.

FV0310
SOY OIL AWARENESS TRAIL AND USAGE STUDY
American Soybean Association, 1978
20 p. : single copy free : (P)

A study conducted to determine consumer awareness, perception, and usage of various types of cooking oils.

FV0311
THE MAIN ATTRACTION! WESTERN ICEBERG LETTUCE
California Iceberg Lettuce Commission, [1978?]
[8] p. : free : (GP)

Briefly outlines selection, storage, and usage of iceberg lettuce. Includes recipes for dressings and many suggestions for using lettuce.

FV0312
THE DIET AND SALAD IDEA BOOK
California Iceberg Lettuce Commission, [1979?]
23 p. : free : (GP)

A booklet containing hints, tips, and recipes for the dieter on a controlled-fat, calorie, sodium, or carbohydrate diet.

FV0313
MSG UPDATE
The Glutamate Association, [1980?]
7 p. : single copy free : (P)

A fact-finding guide to monosodium glutamate. Reviews its history and sources, what it is, how it works, and how to use it. Discusses safety and regulation of MSG.

FV0314
MONOSODIUM GLUTAMATE INFORMATION FILE
International Glutamate Technical Committee, [1978?]
1v. (various paging) : single copy free : (P)

A folder comprised of factsheets, booklets, and reprinted articles. Provides information regarding monosodium glutamate uses and safety.

FV0315
PRODUCE MARKETING ASSOCIATION - FRESH FACTS
Produce Marketing Association, [1979?]
1v. (various paging) : single copy free : (P)

A folder containing factsheets and pamphlets from various American marketing boards. Includes information on the selection of, storage, care, and preparation of fresh fruits and vegetables

FV0316
GROWING FRUITS AND NUTS
(AIB-408)
USDA (1), 1979
ca. 50 p. : single copy free : (GP)

A comprehensive guide to planning, planting, nurturing, and harvesting fruits and nuts from a home garden.

FV0317
GROWING YOUR OWN VEGETABLES
(AIB-409)
USDA (1), 1978
ca. 100 p. : single copy free : (GP)

A comprehensive guide to planning, planting, nurturing, and harvesting vegetables from a home garden.

FV0318
HOT DOG!
Oscar Mayer and Company, [1978?]
lv. (various paging) : single copy free : (P)

Includes factsheets on the composition and food value of weiners. Also discusses safety and inspection of weiners.

FV0319
GET CRACKING ELEMENTARY TEACHER'S KIT
Ontario Egg Producers Marketing Board, [1978?]
lv. (various paging) : free : (P)

An elementary school teachers' guide comprised of various factsheets, games, and folders. Designed to aid students with the basics of egg production, handling, nutrition, and cookery.

FV0320
GET CRACKING SECONDARY TEACHER'S KIT
Ontario Egg Producers Marketing Board, [1978?]
lv. (various paging) : free : (P)

A secondary school teacher's guide comprised of various booklets, factsheets, and folders. Designed to aid students in understanding egg production, purchasing and handling, nutrition, and cookery.

FV0321
SPP SYSTEMS - STRUCTURED PROTEIN IN FIBER
Ralston Purina Company, [197-?]
lv. (various paging) : single copy free : (P)

A folder of factsheets providing a general product description of SPP 200, and SPP 200 in beef, pork, and poultry rolls.

FV0322
ADM SOY PROTEIN SPECIALTIES - TVP, TVP/2, ARDEX 700
Archer Daniels Midland Company, [197-?]
lv. (various paging) : single copy free : (P)

A folder of factsheets describing product and nutritional information for the line of products produced by ADM.

FV023
OUR VEGETABLE PARADE
The Potato Board, [1979?]
lv. (various paging) : free : (P)

A teachers guide and workbook which serves as an aid to teaching children the basics of good nutrition. Introduces them to various vegetables according to the nutrients they contain.

FV0324
GENERAL FOODS CORPORATION FOOD SERVICE PRODUCTS
General Foods (2), [1979?]
16 p. : single copy free : (P)

A booklet giving the nutritive values of General Foods Food Service products.

FV0325
NUTRITIVE ANALYSES AND PRODUCT INFORMATION - CHICKEN OF THE SEA TUNA
Ralston Purina Company, 1979
[12] p. : single copy free : (P)

Outlines the nutrition information per portion of canned tuna, as listed on the label. Also provides complete nutritive analysis of the various types of Chicken of the Sea canned tuna.

FV0326
NUTRITION INFORMATION FROM HERSHEY CHOCOLATE COMPANY
Hershey Chocolate Company, [197-?]
[4] p. : single copy free : (GP)

Lists Hershey's chocolate products and their nutrient composition. Answers questions regarding soya lecithin, caffeine, and cholesterol in chocolate.

FV0327
THE SODIUM CONTENT OF POPULAR PREPARED FOOD ITEMS
Morton Salt Company, [1979?]
[12] p. : single copy free : (GP)

A chart prepared as a handy reference guide to meal planning for individuals who want to control sodium intake.

FV0328
NUTRITION GUIDE
California Apricot Advisory Board, 1975
[2] p. : single copy free : (GP)

A nutrient calculator which indicates what each essential nutrient does in the body. Also calculates the nutrient composition for various canned fruits.

FV0329
NUTRITIVE VALUES OF FOOD PRODUCTS MADE BY BEST FOODS
Best Foods (3), 1979
[2] p. : free : (P)

Lists the various food products according to groups and provides nutrient breakdown for each food.

FV0330
POLY RICH - COMPONENTS AND CALORIE CONTENT
Rich Products of Canada, Ltd., [197-?]
1 p. : single copy free : (P)

Lists the components and calorie content for Poly Rich.

FV0331
PROCEEDINGS - 60TH ANNUAL CONFERENCE - MEAT PACKERS COUNCIL OF CANADA
Meat Packers Council of Canada, [1980]
ca. 100 p. : single copy free : (P)

A summary of all conference presentations. Topics covered included food service perspectives, a nitrite update, the potential hazard from botulism in cured meats, and innovative methology for protein, fat, moisture, and other determinations.

FV0332
DRI-MOL - A DEHYDRATED GRANULAR MOLASSES PRODUCT
Food Technology, Inc., [197-?]
[10] p. : single copy free : (P)

Provides a complete description of Dri-Mol and outlines reasons for using it in hamburger.

FV0333
ADM SOY PRODUCTS FOR THE BAKING INDUSTRY
Archer Daniels Midland Company, [197-?]
22 p. : single copy free : (P)

Looks at ADM Soy Protein products and outlines reasons for their development.

FV0334
ADM FOOD OILS
Archer Daniels Midland Company, [1970?]
ca. 25 p. : single copy free : (P)

A folder of factsheets containing descriptions, analysis, applications, correct handling and storage, sizes, and competitive products for each ADM oil.

FV0335
SPECIALTY GUMS FOR THE FOOD INDUSTRY
Ingredient Technology Corporation, [1979?]
ca. 25 p. : single copy free : (P)

Reviews the natural gums for confectionery use, providing a description for each.

FV0336
MEREOL - STABILIZED POURABLE AND SPOONABLE DRESSINGS AND SPOONABLE DRESSINGS AND SAUCES
Meer Corporation, [197-?]
11 p. : single copy free : (P)

Presents a comprehensive range of pourable and spoonable salad dressing formulas that are currently produced. Reviews the suggested basic formulation for each salad dressing.

FV0337
A MEER CORPORATION PROFILE
Meer Corporation, [197-?]
16 p. : single copy free : (P)

A catalog listing gums, botanicals, spices, oleoresins, and extracts produced by Meer Corporation. Includes pertinent literature and references. Published for the guidance and use of Meer's customers.

FV0338
WHY USE FREEZE DRIED FOODS?
Oregon Freeze Dry Foods Inc., [197-?]
[4] p. : single copy free : (P)

Provides a number of reasons why freeze-drying of food is a sound practice.

FV0339
OTTENS FLAVORS
Henry H. Ottens Manufacturing Company, [197-?]
ca. 15 p. : single copy free : (P)

A catalogue of Ottens' flavors. Describes what each is used for.

FV0340
CALCULATED COOKING
Rice Council, [197-?]
[12] p. : single copy free : (GP)

Contains rice recipes for diabetics and others using the new exchange list as prepared by the American Diabetes Association, Inc.

FV0341
QUESTIONS YOU'VE BEEN RAISIN...AND OUR ANSWERS
California Raisin Advisory Board, 1978
[6] p. : single copy free : (GP)

Gives a quick overview of the origin of raisins. Describes the different types. Outlines storage, handling, and twenty ways to use them. Looks at nutrition information per serving.

FV0342
THE COOK'S HANDY HELPER
Procter and Gamble Ltd., [197-?]
[2] p. : single copy free : (GP)

A rotating cardboard disc which provides cooking directions for each food item listed. Includes some helpful hints and recipes on the back of the card.

FV0343
THE STORY OF JUAN VALDEZ AND THE COFFEE TREE
National Federation of Coffee Growers of Colombia : Nabob Foods Ltd. [distributor], [197-?]
ca. 25 p. : single copy free : (GP)

The story of how Columbian coffee is cultivated.

FV0344
YE OLDE CRANBERRY LORE
Ocean Spray Cranberries, Inc., [197-?]
[6] p. : single copy free : (GP)

Reviews the history and growth of cranberries, from their discovery in North America to their export to other parts of the world. Covers cultivation, growth, and harvest. Includes nutritional information.

FV0345
CRANBERRIES IN WASHINGTON
Ocean Spray Cranberries, Inc., [197-?]
3 p. : single copy free : (GP)

A factsheet outlining the history, development, and production of cranberries in Washington.

FV0346
SORBITOL IN FOODS
Pfizer, Inc., 1975
16 p. : single copy free : (P)

Provides a description of sorbitol and looks at its applications in the food industry. Includes notes on storage, packaging, and the metabolism of sorbitol.

FV0347
KELLOGG'S READY-TO-EAT CEREALS NUTRITIVE VALUES AND PRODUCT INFORMATION
Kellogg Salada Canada, Ltd., [197-?]
[6] p. : free : (GP)

Discusses the importance of a nutritious breakfast. Reviews the functions and sources of the various nutrients which should be provided by this meal. Presents typical nutritive values of Kellogg's ready-to-eat cereals as well as the values of some common foods.

FV0348
NUTRITIVE VALUES OF BEST FOODS PRODUCTS
Best Foods (2), 1978
ca. 20 p. : free : (P)

Provides nutritional data for Best Foods' products.

FV0349
GRAM - CALORIE CHART
Organon Pharmaceuticals, [197-?]
ca. 20 p. : single copy free : (P)

Lists the nutritional values of everyday foods in household measures.

FV0350
FOR YOUR INFORMATION
Oregon Freeze Dry Foods Inc., [197-?]
9 p. : single copy free : (P)

Contains nutritional information for Mountain House and other quality convenience freeze dried foods.

FV0351
NUTRITIVE COMPOSITION OF PRODUCTS - CAMPBELL SOUP COMPANY LTDS.
Campbell Soup Company Ltd. (1), [197-?]
9 p. : single copy free : (GP)

Provides the approximate nutrient composition of Campbell Soup products.

FV0352
INFORMATION ON THE NUTRITIONAL CONTENT OF MR. CHRISTIE'S PRODUCTS
Christie, Brown and Company, Ltd., 1979
[12] p. : single copy free : (GP)

Provides nutritional information for the consumer, particularly the people with allergies, or those who are on restricted diets. Also looks at the use and need for food additives.

FV0353
KRAFT NUTRITIONAL FACTS
Kraft Inc. (2), 1979
[16] p. : free : (P)

Presents nutritional information for Kraft cheese products, salad dressings, margarine products, and diet spreads.

FV0354
NUTRIENT VALUE OF SOME COMMON FOODS
Health and Welfare Canada (4), 1979
35 p. : free : (P)

A handy reference table for Canadians which presents energy and nutrient values of commonly used foods. Particularly useful for public health workers and educators.

FV0355
THE STORY OF RAISINS
California Raisin Advisory Board, [197-?]
[6] p. : single copy free : (E)

Traces the journey of the raisin from the sunny valley and drying process, to the packing plant, and finally to the market.

FV0356
THE CARE AND HANDLING OF FLORIDA ORANGE JUICE
Florida Department of Citrus, 1976
[8] p. : single copy free : (GP)

Suggests ways of handling orange juice in order to prevent losses of nutrients.

FV0357
THE PEANUT STORY
National Peanut Council, 1980
16 p. : single copy free : (GP)

Provides information on the production and processing of peanuts. Discusses various products made from peanuts such as peanut butter, roasted nuts, oil, and candies.

FV0358
THE AFRICANS CALL THEM GOOBERS
National Peanut Council, [197-?]
[4] p. : single copy free : (P)

A teaching guide for introducing the history and development of the peanut to children. Briefly outlines nutritional information with emphasis on peanut butter. Includes activity projects and simple recipes.

FV0359
MALIC ACID FROM CRODA
Croda Food Ingredients Ltd., [197-?]
[12] p. : single copy free : (P)

Provides a description of malic acid and its effect on taste. Reviews the applications of malic acid.

FV0360
LACTIC ACID AND LACTATES FROM CRODA
Croda Food Ingredients Ltds., [197-?]
4 p. : single copy free : (P)

Outlines the properties and uses of lactic acid and lactates.

FV0361
ELWOOD
William J. Elwood, Inc., [1979?]
1V. (various paging) : single copy free : (E)

A folder of factsheets and pamphlets describing the various dietetic products produced by William J. Elwood, Inc.

FV0362
FACT SHEET 1 - MILK
Dairy Bureau of Canada, [1978?]
[1] p. : $0.04 : (GP)

Reviews the types of milk available, processing procedures, how to buy and care for milk, nutrient composition, and the recommended daily milk requirements.

Includes menu suggestions and a recipe.

FV0363
FACT SHEET 2 - BUTTERMILK
Dairy Bureau of Canada, [1978?]
[1] p. : $0.04 : (GP)

Outlines the making of buttermilk and how to buy and store it. Includes menu suggestions and a recipe for Irish soda bread.

FV0364
FACT SHEET 3 - YOGHURT
Dairy Bureau of Canada, [1978?]
[1] p. : $0.04 : (P)

Outlines processing methods, nutritional quality, and how to buy and store yoghurt. Includes imaginative ways to use yoghurt and a recipe for beef stroganoff.

FV0365
FACT SHEET 4 - COTTAGE CHEESE
Dairy Bureau of Canada, [1978?]
[1] p. : $0.04 : (GP)

Reviews processing methods, nutritional information, and how to buy and store cottage cheese. Suggests ways of using cottage cheese and includes an omelet recipe.

FV0366
FACT SHEET 5 - CHEDDAR CHEESE
Dairy Bureau of Canada, [1978?]
[1] p. : $0.04 : (GP)

Provides information on processing methods, nutritional content, and buying and storing of cheddar cheese. Includes suggestions for use and a cheddar bread recipe.

FV0367
FACT SHEET 6 - ICE CREAM
Dairy Bureau of Canada, [1978?]
[1] p. : $0.04 : (GP)

Outlines the making of ice cream, the nutrient composition, and the proper care of this product. Suggests ways of serving ice cream and includes a recipe for lemon parfait ice cream pie.

FV0368
PEANUT PORTFOLIO
National Peanut Council, [1979?]
[4] p. : free : (GP)

A series of fact sheets on peanuts. Nutrition, meal planning, and recipes are the areas covered.

FV0369
CHEESE FROM DENMARK
Danish Cheese Export Board : Denmark Cheese Association [distributor], [197-?]
57 p. : single copy free : (P)

Contains information about the factors relevant to the marketing of Danish cheese. Provides detailed descriptions of Danish cheese and illustrates their typical appearance.

FV0370
THE NUTRITIVE VALUE OF MEAT
National Live Stock and Meat Board, 1976
26 p. : $0.60 : (GP)

Covers general nutrient composition of meat, nutrient retention of meat during processing, freezing and cooking, and meat in special diets.

FV0371
PRINCE EDWARD ISLAND POTATO HANDBOOK
Prince Edward Island Potato Marketing Board, 1980
93 p. : $3.00 : (GP)

A comprehensive publication on potato production in Prince Edward Island. Outlines the required adjustments in production and storage to meet the evolving market demands.

FV0372
4 SEASON COOKIN' WITH THE NEW BRUNSWICK POTATO
New Brunswick Potato Agency, [1977?]
29 p. : $0.50 : (GP)

Briefly outlines purchasing and preparation of potatoes. Includes recipes for each season of the year.

FV0373
RETAIL MARKET TESTS OF MINCED SEAFOOD CHOWDERS
(A. E. Ext. 79-25)
Cornell University (3), 1978
13 p. : single copy free : (P)

A report on a study which attempted to develop an attractive and informative package for minced seafood chowders.

FV0374
RETAIL MARKET TESTS OF FROZEN MINCED FISH
(A. E. Res. 77-6)
Cornell University (3), 1977
23 p. : single copy free : (P)

A study in product and package technology, supply identification, and recipe formulation for minced fish.

FV0375
RETAIL MARKET TESTS OF MINCED SEAFOOD CRISPIES
(A. E. Res. 79-2)
Cornell University (3), 1979
10 p. : single copy free : (P)

A report of a study designed to develop an effective package for the retail presentation of seafood crispies.

FV0376
THE REGIONAL IMPACT OF A NEW FOOD PRODUCT: THE RECONSTITUTED POTATO CHIP
(Staff Paper 74-13)
Cornell University (3), 1974
9 p. : single copy free : (P)

An analysis of the total delivered cost of regular potato chips manufactured under the latest technology as compared to reconstituted chips.

FV0377
KIDS IN THE KITCHEN
American Egg Board, [197-?]
[8] p. : $0.02 : [E]

Contains basic easy-to-prepare recipes for kids who want to cook.

FV0378
WHOLE CRANBERRY SAUCE
Ocean Spray Cranberries, Inc., 1976
[2] p. : single copy free : (P)

Provides nutritional information and typical nutrient analysis. Lists product ingredients.

FV0379
CRANBERRY JUICE COCKTAIL - NUTRITION INFORMATION
Ocean Spray Cranberries, Inc., 1978
[2] p. : single copy free : (P)

Provides nutrition information and typical nutrient analysis. Lists product ingredients.

FV0380
CRANAPPLE (CRANBERRY APPLE DRINK) - NUTRITION INFORMATION
Ocean Spray Cranberries, Inc., 1979
[2] p. : single copy free : (P)

Provides nutrition information and typical nutrient analysis. Lists product ingredients.

FV0381
JELLIED CRANBERRY SAUCE - NUTRITION INFORMATION
Ocean Spray Cranberries, Inc., 1976
[2] p. : single copy free : (P)

Provides nutrition information and typical nutrient analysis. Lists product ingredients.

FV0382
CRANBERRIES (FRESH FRUIT) - NUTRITION INFORMATION
Ocean Spray Cranberries, Inc., 1975
[2] p. : single copy free : (P)

Provides nutrition information and typical nutrient analysis. Lists product ingredients.

FV0383
THE NUTRITIONAL COMPOSITION OF GENERAL FOODS GROCERY PRODUCTS
General Foods (1), 1980
19 p. : single copy free : (GP)

Presents the nutritional values for representative samples of each product produced by General Foods.

FV0384
THE BORDEN KITCHENS
The Borden Company Ltd., 1980
[11] p. : single copy free : (P)

Provides the nutrient values for variety of Borden's products.

FV0385
NUTRITIONAL GUIDE
B. C. Tree Fruits Ltd., [197-?]
[4] p. : free : (P)

A nutrition factsheet on B.C. Tree Fruits and Sun-Ripe products.

FV0386
RUSTCO NUTRITIONAL INFORMATION CHART - FOOD SERVICE AND BAKERY PRODUCTS
Rustco Products Company, 0197-?]
[4] p. : free : (P)

Presents the nutrient composition of Heinz baby foods per 100 grams.

FV0388
THE ALBA STORY
Alba Foods, [1980?]
[9] p. : free : (P)

An informational guide for health professionals. Provides specific information on the nutritional value of Alba products.

FV0389
HEINZ FACTS ABOUT FOODS
H.J. Heinz Company of Canada, Ltd. (1), 1975
24 p. : single copy free : (GP)

Presents nutrition information for Heinz baby foods. Includes a checklist for allergy-causing ingredients. Outlines function and sources of the essential nutrients.

FV0390
COMPOSITION OF McCAIN FOODS, 100 GRAMS, EDIBLE PORTION
McCain Foods Ltd., [197-?]
[3] p. : single copy free : (P)

Shows the average nutrient composition of McCain products.

FV0391
NUTRITION - OSCAR MAYER
Oscar Mayer and Company, [197-?]
ca. 25 p. : single copy free : (P)

Provides information on the nutrient values for Oscar Mayer's cured meat products. Briefly discusses nutritional labelling of their products.

FV0392
NUTRITION SERVICES - NUTRITION INFORMATION - LEAN STRIPS
General Foods (2), 1978
1 p. : single copy free : (P)

Provides nutrition information for Lean Strips, a textured protein product with artifical flavor. Also lists the ingredients of the product.

FV0393
INFORMATION ON THE NUTRITIONAL CONTENT OF FOOD SERVICE PRODUCTS
Christie, Brown and Company, 1979
[6] : single copy free : (P)

Designed for use by dietitians, nutritionists, and other qualified people who are responsible for feeding people on restricted diets. Provides nutrient compositions of Christie's products.

FV0394
CALORIE CONTENT OF COMMON FOODS
(Extension Folder 448)
University of Minnesota, 1980
[4] p. : single copy free : (GP)

A handy reference aid to the dieter. Provedes the calorie content of common foods.

FV0395
GREEN GIANT OF CANADA LIMITED - NUTRITIONAL INFORMATION
Green Giant of Canada Ltd., [197-?]
5 p. : single copy free : (P)

Presents nutritional content of canned vegetables, frozen foods, and formulated products produced by Green Giant of Canada Limited.

FV0396
NUTRITIONAL AND INGREDIENT CONTENT OF WELCH'S
Welch Foods, Inc., 1979
[6] p. : single copy free : (GP)

Provides nutritional information and ingredient content for Welch's red, white, and purple juices.

FV0397
KELLOGG'S PASTRIES AND OTHER CONVENIENCE FOODS - NUTRITIVE VALUES AND PRODUCT INFORMATION
Kellogg Company, [1979?]
[24] p. : single copy free : (GP)

Presents the nutrient compositions and product information for Kellogg's pastries and other convenience foods.

FV0398
KELLOGG'S READY-TO-EAT CEREALS - NUTRITIVE VALUES AND PRODUCT INFORMATION
Kellogg Company, [1979?]
[24] p. : single copy free : (GP)

Provides nutritive values and product information for Kellogg's ready-to-eat cereals. Includes suggestions for people on special diets.

FV0399
NUTRITIVE ANALYSES AND PRODUCT INFORMATION - CEREALS AND CRACKERS
Ralston Purina Company
[24] p. : single copy free : (GP)

Presents nutritive values and product information for Ralston Purina cereals and snacks. Includes product suggestions for special diets.

FV0400
PRODUCT NUTRITION INFORMATION - GENERAL MILLS
General Mills, Inc. (1), [197-?]
15 p. : single copy free : (P)

Provides nutrition information on a per serving basis for General Mills products.

FV0401
THE NUTRITIVE VALUES OF CALIFORNIA PRUNES
California Prune Advisory Board, 1973.
16 p. : free : (P)

Provides nutritional information and nutrient values for prunes. Compares the values for prunes with those of other fruits. Discusses physiological benefits of prune consumption.

FV0402
THE FOOD WHEEL
The Nutrition Link, 1980
[2] p. : $1.50 : (GP)

A disc which allows the dieter to dial foods to discover their calorie and nutrient contents. Useful for weight watchers, vegetarians, smokers, and pregnant women.

FV0403
CALORIES
Oscar Mayer and Company, 1977
[2] p. : single copy free : (GP)

Shows the calorie content in common units for each of Oscar Mayer's meat products.

FV0404
COMPOSITION
Oscar Mayer and Company. 1977
[8] p. : single copy free : (GP)

An analysis of the proportion of protein, fat, water, carbohydrate, and ash present in each of Oscar Mayer's meat products.

FV0405
A SUMMARY OF THE NUTRIENT CONTENT OF MEAT
(Bulletin No. 57)
by E. H. Kiernat, J. A. Johnson, and A. J. Siedler
American Meat Institute Foundation, 1964
37 p. : single copy free : (P)

Includes sections on proximate composition and caloric content, mineral content, vitamin content, amino acid composition, and lipid composition of raw and cooked retail cuts, variety meats, and processed meats.

FV0406
NUTRIENTS IN FROZEN FOODS
American Frozen Food Institute, 1980
56 p. : single copy free : (P)

Presents nutrition information for frozen vegetables.

FV0407
AMINO ACID CONTENT OF FOODS
(HERR-4)
by M. L. Orr and B. K. Watt
USDA (1) or (3), 1968
82 p. : single copy free : (P)

Presents average values for amino acid content of foods, dietaries, and food supplies. Also shows the extent to which data is available for specific foods.

FOOD SERVICE (FX)

FX0001
CONFECTIONS AND SOFT DRINKS IN SCHOOL
American Medical Association (2), [1962]
1 p. : single copy free : (P)

Briefly outlines the reasons why the Council on Foods and Nutrition is opposed to the sale and distribution of confections and soft drinks in school lunchrooms.

FX0002
FLORIDA CITRUS FAVORITES TO BRIGHTEN YOUR MENUS
Florida Department of Citrus, 1974
4 p. : single copy free : (P)

Breakfast recipes for 100-portions, using citrus fruits.

FX0003
QUANTITY RECIPES
by W. A. Wood and K. W. Harris
Cornell University (2), 1973
233 p. : $2.50 : (P)

A collection of quantity recipes for 50 servings. Also included are basic guides for quantity food preparation.

FX0004
EMERGENCY FEEDING
Health and Welfare Canada (10), 1967
187 p. : single copy free : (P)

A manual providing information on the basic plans, policies, and procedures involved in organizing an emergency feeding service in the event of war, nuclear attack, or other disaster.

FX0005
HOSPITAL FOOD SERVICES NO. 6
Health and Welfare Canada (5), 1977
68 p. : single copy free : (P)

Canadian building standards and guide material for food services in hospital and health facilities are described.

FX0006
BUYING AND STORING CANADIAN FOODS
(Publication 1656)
Agriculture Canada (1), 1978
24 p. : free : (P)

Provides information for food service operators on how to buy and keep foods stored with a minimum of waste.

FX0007
AN ANALYSIS OF THE INSTITUTIONAL MARKET FOR POTATO PRODUCTS
The Potato Board, 1975
[8] p. : single copy free : (P)

Summarizes the key findings of a study done on the institutional market for potatoes and potato products.

FX0008
CARNATION FOOD SERVICE PRODUCTS: NUTRITIONAL ANALYSIS
Carnation Inc., 1979
[2] p. : single copy free : (P)

Provides the nutritional analysis for several of Carnations food products used by the food service industry.

FX0009
FRESH FRUIT AND VEGETABLES: WHAT'S AVAILABLE, AND WHEN
(Publication 79/12)
Agriculture Canada (1), 1979
14 p. : free : (P)

Intended to provide essential information about the availability of domestic and imported fruits and vegetables in Canada. Indicates when a horticultural commodity is usually in good or poor supply and whether the majority of supplies are domestic or foreign.

FX0010
FOOD PURCHASING POINTERS FOR SCHOOL FOOD SERVICE
(PA-1160)
USDA (2), 1977
136 p. : single copy free : (P)

Provides procedures for a food purchasing system and information for purchasing foods in quantity.

FX0011
A FOOD PRODUCT LABELING GUIDE FOR THE VENDING AND CATERING OPERATOR
(J-17)
National Automatic Merchandising Association, 1971
31 p. : single copy free : 1971

Laws and regulations which apply to packaged food and beverage products sold by vending and catering operators are explained.

FX0012
RECENT TRENDS IN VENDING
(V-12)
International Association of Milk, Food, and Environmental
Sanitarians : National Automatic Merchandising Association
[distributor], 1976
[4] p. : single copy free : (P)

Discusses design and construction of food and beverage vending machines with an emphasis on machine features having health and safety importance. Explores new types of equipment and future innovations.

FX0013
NAMA VENDING COMMISSARY GUIDE (SECOND DRAFT)
(V-18)
National Automatic Merchandising Association, 1970
48 p. : single copy free : (P)

A guide to site layout, design, construction, and equipment installation requirements for food preparation commissaries.

FX0014
VENDING MACHINE EVALUATION MANUAL
(J-6)
National Automatic Merchandising Association, 1979
44 p. : single copy free : (P)

Outlines sanitary design and construction standards for food and beverage machines.

FX0015
EVALUATION CHECKLIST FOR FOOD AND BEVERAGE VENDING MACHINES
(J-7)
National Automatic Merchandising Association, 1979
28 p. : single copy free : (P)

An itemization of sanitary design and structure requirements contained in the "Vending Machine Evaluation Manual".

FX0016
SANITATION PRACTICES FOR THE VENDING ROUTEMAN
(J-8)
National Automatic Merchandising Association, 1976
15 p. : single copy free : (P)

Intended as a sanitation guide for the vending routeman. Covers sanitation procedures for hot beverage vending machines, post-mix, pre-mix, and other food venders.

FX0017
FOOD BUYING GUIDE FOR CHILD CARE CENTERS
(FNS-108)
USDA (2), 1980
43 p. : single copy free : (P)

Reviews meal patterns for children in child care programs. Describes the food components and outlines how to use the buying guide to estimate quantities of food needed. Discusses can and jar sizes and provides information on how to substitute sizes. Includes abbreviations, symbols, and equivalent measures.

FX0018
CALIFORNIA PRUNE FOOD SERVICE BUYING GUIDE
California Prune Advisory Board, [1978?]
19 p. : free : (P)

Defines what a prune is, provides a brief history, and outlines how to buy and use prunes. Includes nutritional data and kitchen information on prunes.

FX0019
MOBILE FEEDING UNIT
Health and Welfare Canada (10), [1974?]
23 p. : single copy free : (P)

A manual containing detailed instructions, diagrams and photographs to explain the function and operation of a mobile feeding unit, for use in emergencies or disaster.

FX0020
INSTITUTIONAL FEEDING IN EMERGENCY
Health and Welfare Canada (10), [1979?]
73 p. : free : (P)

Deals with food service operations under emergency conditions such as floods, hurricanes, fires, and explosions.

FX0021
EMERGENCY PLANNING MANUAL FOR SPECIAL CARE FACILITIES
Health and Welfare Canada (10), [1979?]
13 p. : single copy free : (P)

Offers general information and guidelines for emergency planning. Outlines steps in planning, possible problems, and the documenting of the plan.

FX0022
THE VENDING OF FOOD AND BEVERAGES
(FDA 78-2091)
US DHEW (2), 1978
25 p. : single copy free : (P)

An ordinance which is designed to be adopted by jurisdictions having established food service sanitation programs.

FX0023
FOOD SERVICE GUIDE
Ontario Ministry of Community and Social Services : Ontario Government Bookstore [distributor], 1975
79 p. : $5.00 : (P)

Deals with food service in a home for the aged. Outlines how to serve the residents and staff with wholesome, nourishing, and attractive meals to meet nutritional needs.

FX0024
LETTERS OF COMPLIANCE DECEMBER 15,1979
National Automatic Merchandising Association, 1979
16 p. : single copy free : (P)

Explains the certification of machines used in the food service industry.

FX0025
THE OPERATOR'S GUIDE TO PERISHABLE FOODS - COMMISSARY PREPARATION OF FOODS (PART FOUR)
(J-14)
National Automatic Merchandising Association, [1977?]
12 p. : single copy free : (P)

Outlines how bacteria enters food during preparation and suggests ways of preventing spoilage.

FX0026
THE OPERATOR'S GUIDE TO PERISHABLE FOODS - STORAGE OF FOODS (PART THREE)
(J-13)
National Automatic Merchandising Association, [1977?]
7 p. : single copy free : (P)

Outlines how bacteria gets into stored foods and suggests ways of preventing foodborne diseases.

FX0027
THE OPERATOR'S GUIDE TO PERISHABLE FOODS - SOURCE OF FOODS (PART TWO)
(J-12)
National Automatic Merchandising Association [1977?]
6 p. : single copy free : (P)

Provides a list of items to check when purchasing products and ingredients.

FX0028
THE OPERATOR'S GUIDE TO PERISHABLE FOODS - WHAT IS FOOD POISONING? (PART ONE)
(J-11)
National Automatic Merchandising Association, [1977?]
6 p. : single copy free : (P)

Defines what is meant by "perishable". Outlines what food poisoning is, how it develops, and ways of preventing it.

FX0029
COOKING FOR SMALL GROUPS
(AIB-370)
USDA (3), 1974
22 p. : single copy free : (P)

A guide to planning menus, adjusting recipe size, and keeping food safe to eat.

FX0030
SCHOOL BREAKFAST MENU PLANNING GUIDE - ENERGIZE YOUR DAY WITH BREAKFAST
USDA (2), 1978
12 p. : single copy free : (P)

A menu planning guide prepared to help food service supervisors and managers plan breakfast menus to help meet the daily dietary needs of children.

FX0031
FOOD POISONING AND ITS SIGNIFICANCE IN THE FOOD-SERVICE INDUSTRY
edited by E. C. D. Tedd and W. Hargeson
Health and Welfare Canada (7), 1976
102 p. : single copy free : (P)

Defines the problem areas which are associated with foodborne microorganisms and suggests methods that will assist in finding a solution.

FX0032
FOOD SERVICE RECIPES USING APRICOTS
California Apricot Advisory Board, [1977?]
[9] p. : free : (P)

Quantity service recipes using apricots.

FX0033
QUANTITY SERVICE RECIPES USING PRUNES
California Prune Advisory Board, [1977?]
[7] p. : free : (P)

Recipes for 100 servings using prunes.

FX0034
QUANTITY SERVICE RECIPES
Oscar Mayer and Company, [1978?]
[6] p. : single copy free : (P)

Recipes for 48 servings using Oscar Mayer meat products.

FX0035
PREPARING VEGETABLES FOR 50
(Publication 1657)
Agriculture Canada (1), 1978
12 p. : free : (P)

Especially assembled for food service operators as a handy reference for buying, storing, and preparing vegetables with a minimum of waste.

FX0036
PLANNING MENUS FOR SMALL INSTITUTIONS
(PUBLICATION 1680)
Agriculture Canada (1), 1979
36 p. : free : (P)

A guide to planning varied menus for a food service operation in a small institution. Includes information on using Canada's Food Guide, standardized recipes, portion control, and cyclic menus. Includes recipes.

FX0037
PURCHASING, PREPARING AND SERVING THE YAM
Louisiana Yam Commission, [1978?]
12 p. : single free : (GP)

A food service industry planning guide dealing with yams.

FX0038
YOU CAN BE A ZERO HERO
American Frozen Food Institute, [1978?]
[8] p. : single copy free : (GP)

Discusses how to maintain the correct temperature in the packing plant, in distribution and warehousing, in the transport industry, in food service, and in the retail store.

FX0039
GUIDELINES FOR FOOD SERVICE PERSONNEL
Ontario Ministry of Health, [1976?]
[19] p. : free : (P)

Geared towards those who have a part in the preparation of food, especially in any food service operation. A guide to personal and operational hygiene.

FX0040
FOOD PROTECTION DURING POWER FAILURE
Oregon State Health Division (1), 1973
1 p. : single copy free : (P)

Outlines correct temperatures for storing perishables and frozen foods, and what to do when a power failure occurs.

FX0041
YOUR PERSONAL CHECKLIST - FLY CONTROL IN FOOD SERVICE
Oregon State Health Division (1), [1975?]
[6] p. : single copy free : (P)

Reviews the importance of fly control in food service and the proper use of insecticides.

FX0042
YOUR PERSONAL CHECKLIST - SANITARY RESTAURANT OPERATION
Oregon State Health Division (1), [1971?]
[6] p. : single copy free : (P)

Includes checklists for site determination and construction of the restaurant, food service tips, equipment needs, and personal hygiene responsibilities.

FX0043
YOUR PERSONAL CHECKLIST - SANITARY RESTAURANT OPERATION - COOK'S EDITION
Oregon State Health Division (1), [1974?]
[6] p. : single copy free : (P)

Includes checklists for personal hygiene, food preparation techniques, and storage and equipment responsibilities.

FX0044
YOUR PERSONAL CHECKLIST - SANITARY RESTAURANT OPERATION - DISHWASHERS EDITION
Oregon State Health Division (1), [1974?]
[6] p. : single copy free : (P)

Includes checklists on the dishwasher, the sink, and the general operation. Outlines the procedure for both machine and hand dishwashing.

FX0045
YOUR PERSONAL CHECKLIST - SANITARY RESTAURANT OPERATION - MANAGERS EDITION
Oregon State Health Division (1), [1974?]
[6] p. : single copy free : (P)

Reviews possible sanitation oversights a manager may make and the resulting diseases which may be contracted by the customers.

FX0046
YOUR PERSONAL CHECKLIST - SANITARY RESTAURANT OPERATION - WAITRESS EDITION
Oregon State Health Division (1), [1974?]
[6] p. : single copy free : (P)

The food safety related responsibilities of the waitress are outlined.

FX0047
FOR GREATER PROFITS, GLAMORIZE WITH ALMONDS
Almond Board of California, [1978?]
[14] p. : free : (P)

Food service recipes using almonds are presented. Includes notes on nutrition and how to purchase and use almonds.

FX0048
A GUIDE FOR PRECOSTING FOOD FOR SCHOOL FOOD SERVICE
(FA-1185)
USDA (2), 1979
39 p. : single copy free : (P)

Designed to help school food service managers control food costs as they plan their menus.

FX0049
FOOD PURCHASING GUIDE FOR QUANTITY SERVICE
Alberta Agriculture, [1977?]
4 p. : single copy free : (P)

Lists specific foods and the quantity to purchase in order to serve 100 people. Based on an approximate size of servings.

FX0050
EQUIPMENT GUIDE FOR ON-SITE SCHOOL KITCHENS
(FA-1091)
USDA (2), 1977
ca. 125 p. : single copy free : (P)

Specifies the type, size, and quantity of equipment required for various school food service operations.

FX0051
GUIDELINES FOR ACCESSORY FOODS SERVED IN SCHOOLS
British Columbia Ministry of Health, 1978
[4] p. : $0.10 : (P)

Guidelines prepared to enable schools to determine which foods are nutritionally and dentally acceptable for sale in vending machines and canteens.

FX0052
PRESENTING PORK TO THE FOOD SERVICE INDUSTRY
(No. 6595)
National Pork Producers Council, [1978?]
13 p. : free : (P)

Suggests a plan for the pork producer to utilize in contacting people in the food service industry.

FX0053
8 - QUANTITY PORK RECIPE CARDS
(No. 4448)
National Pork Producers Council [1978?]
[8] p. : $0.25 : (P)

Eight colorful pork recipes cards for food service. Each recipe yields 24 servings.

FX0054
PORK FOR GRACIOUS DINING
(No. 4444)
by L. I. Zatheary
National Pork Producers Council, [1978?]
44 p. : $1.25 : (P)

Describes the preparation and cooking methods required for various cuts of pork used in restaurants or institutional food service. Includes a section on how to buy pork and tested quality recipes on tear-out cards.

GENERAL NUTRITION INFORMATION (GN)

GN0001
FOOD IS MORE THAN JUST SOMETHING TO EAT
(G-216)
USDA (3), 1976
ca. 25 p. : single copy free : (GP)

Discusses the major nutrients and their sources, how nutrients provide energy throughout the life cycle, nutrition labelling, a daily food guide based on the American guide, the value of processed foods, and the many cultural variations in eating.

GN0002
SWEET DREAMS - A STORY ABOUT HEALTH EATING...WITH RECIPES
by C. Farber
Siroca Productions, 1978
ca. 50 p. : $2.70 : (E)

A story, in verse form, which points out that making a transition from processed foods to more wholesome products is essential to good health and not as difficult as most people believe. Includes recipes.

GN0003
BUILDING A BETTER DIET
(FA-1241)
USDA (2), 1979
[16] p. : single copy free : (GP)

Tells how to use food stamps to buy, and eat good, healthy foods.

GN0004
A MATTER OF FACT: TIPS FOR NUTRITIOUS EATING AND WISE SHOPPING
by C. H. Dunkley and P. H. Coleman
The Nutrition Link, 1978
31 p. : $2.50 : (GP)

Tips for nutritious eating and wise shopping. Reviews food additives and outlines food preparation and serving.

GN0005
BALANCING YOUR FAMILY'S NUTRITION
(No. A 34189)
General Mills, Inc. (1), [1978?]
[6] p. : $0.25 : (GP)

Outlines how to plan nutritionally balanced meals by utilizing the Basic Four food groups of Canada's Food Guide. Includes sample menus.

GN0006
THE JOY OF EATING
by H. Frenes and Z. Sabry
Mutual Life Assurance Company, [1978?]
27 p. : free : (GP)

A summary of nutritional needs at each stage of life, with hints about how to meet those needs wisely and economically.

GN0007
YOUR AGE AND YOUR DIET - INFANCY THROUGH ADULTHOOD
(CP-031)
American Medical Association (3), 1979
9 p. $0.55 : (GP)

Reviews energy and nutrient requirements, based on age groups from infancy to aging adult.

GN0008
FACING FOOD FACTS
Kellogg Salada Canada, Ltd., [1978?]
[4] p. : free : (GP)

Questions and answer related to good nutrition for teenagers. Includes basic menus.

GN0009
WHAT FOODS GIVE US BOUNCE
Kellogg Salada Canada, Ltd., [1978?]
[4] p. : free : (GP)

Questions and answers on the importance of breakfast. Includes an outline of the foods included in a good daily diet for teenagers.

GN0010
GUIDES TO GOOD NUTRITION
Dominion Stores Ltd., [1979?]
[4] p. Free : (GP)

Discusses what basic nutrition is, how to choose foods wisely, and what the functions of various nutrients are. Includes tips using Canada's Food Guide.

GN0011
HOW FIT IS YOUR FOODSTYLE?
Ontario Ministry of Culture and Recreation (2), [197?]
[14] p. : free : (GP)

A guide to assessing food intake. Basic information on nutrition is outlined.

GN0012
GOOD HEALTH RECORD
Kellogg Salada Canada, Ltd. [1979?]
[4] p. : free : (E)

Reviews the daily food guide and the signs of a well-nourished child. Includes a day-to-day good health record.

GN0013
NUTRITION - AN ESSENTIAL FOR HEALTH
(No. A 33314)
General Mills, Inc. (1), 1978
[6] p. $0.25 : (GP)

Reviews the four food groups of Canada's Food Guide, with examples of the various foods in each. Also outlines a fifth group which includes "extra" food choices such as fats and sugars.

GN0014
CHOOSING FOODS TO FIT YOUR LIFE
The Nutrition Foundation, [1978?]
[6] p. : single copy free : (GP)

Reviews the factors influencing food choices, the many combinations of food which could be included in a good diet, how to choose a good diet, and how to use nutrition information on food labels.

GN0015
GUIDELINES TO GOOD HEALTH
(No. A9)
Kraft, Inc. (5), 1979
31 p. : single copy free : (GP)

Offers simple guidelines that can be used as a reference in developing or improving daily health practices.

GN0016
FOOD AND NUTRITION TERMS
(No. C7)
Kraft, Inc. (5), 1978
11 p. : single copy free : (GP)

A reference for those who have an interest in nutrition but are unsure of the terms frequently encountered in newspaper or magazine articles on nutrition labelling.

GN0017
NUTRIENTS AND FOODS FOR HEALTH
(FNS-97)
USDA (2), 1979
[4] p. : single copy free : (GP)

A mini-poster which has line drawings of the foods for health on one side and a rundown of some of the essential nutrients and their functions and sources on the other side.

GN0018
DAILY DIET EVALUATION
(No. 7428 A)
Del Monte Corporation, 1974
[2] p. : single copy free : (GP)

Includes a sample menu with the percentage of the U.S. recommended daily allowance for each nutrient listed. Offers a chart for daily diet evaluation.

GN0019
NUTRITION TIPS AND IDEAS
British Columbia Ministry of Health, [1978?]
[6] p. : $0.10 : (GP)

Reviews how to get a balanced diet by utilizing the Canada Food Guide. Includes a calculation for determining daily protein requirement. Outlines the combining of incompleted proteins, tips for vegetarians, and a recipe for granola.

GN0020
BUILD A BETTER YOU WITH FRESH CITRUS
Sunkist Growers, Inc., 1979
15 p. : single copy free : (GP)

An aid to understanding the importance of choosing a daily diet that combines all the foods needed for body growth and good health, while at the same time enjoying the experience of eating.

GN0021
GUIDE TO WISE FOOD CHOICES
(E170)
National Dairy Council, 1978
8 p. : $0.25 : (GP)

Explains leader nutrient functions and the use of food groups and nutrition labelling in planning a nutritionally sound daily diet. American standards are used.

GN0022
IT'S YOUR MOVE
Mutual Life Assurance Company, [1977?]
[14] p. : free : (GP)

Outlines reasons why one may suffer with ill health and offers suggestions on how to improve health and achieve greater enjoyment of life.

GN0023
YOUR CALORIE CATALOG
(B040)
National Dairy Council, 1976
16 p. : $0.20 : (GP)

A calorie value of foods table, a self-check record, and desirable weight charts for men and women are provided.

GN0024
YOU THE (HURRAH!) EX-SMOKER AND FOOD
Health and Welfare Canada (4), 1979
[8] p. Free : (GP)

Suggestions for controlling food intake and exercising daily to prevent the weight gain generally experienced by an ex-smoker. Includes tables showing the number of minutes of activity required to "wear off" certain foods.

GN0025
THE WAY WE EAT
Rhode Island Department of Health
[1979?]
48 p. : single copy free (GP)

Points out diet choices that can help to improve health. Includes recipes.

GN0026
HOW YOUR BODY USES FOOD
(EC77)
National Dairy Council, 1977
28 p. : $0.65 : (S)

Bodily digestion, transportation and the use of nutrients for growth and repair of body cells are explained. A four-page teaching guide is included.

GN0027
BE WISE! FOOD FACTS YOU SHOULD KNOW!
Cereal Institute, Inc., 1977
11 p. : single copy free : (GP)

Outlines the important changes which have occurred in the way Americans live and work, and how these affect nutritional status.

GN0028
NUTRITION CALCULATOR
Hoffman-La Roche Ltd., (1), [1979?]
[2] p. : free : (GP)

Shows the particular nutrient and its food sources. Also covers the functions of the various basic nutrients and food groups, as well as the number of daily servings required from each food group.

GN0029
NUTRITION - FOOD AT WORK FOR YOU
(GS-1)
USDA (1), 1978
25 p. : single copy free : (GP)

The knowledge of nutrition needs as well as the nutrient values of foods are translated into an easy-to-use guide for food selection.

GN0030
AN APPLE A DAY
Manitoba Department of Health and Community Services, 1978
18 p. : single copy free : (GP)

Discusses why it is important to choose a variety of foods wisely in order to achieve a balanced diet. Reviews Canada's Food Guide and the various nutrients in food.

GN0031
CITRUS FRUIT AND NUTRITION
Florida Department of Citrus, 1977
17 p. : single copy free : (GP)

Explains which basic foods are needed daily, and how to work them into menus for interesting meals.

GN0032
DIET AS RELATED TO GASTROINTESTINAL FUNCTION
American Medical Association (2), 1961
[8] p. : single copy free : (P)

Relates to the gastrointestinal effects attributed to specific foods and emphasizes the need for a broad investigation to ascertain what foods do within the human digestive system.

GN0033
YOUR DIET: HEALTH IS IN THE BALANCE
by F. M. Alexander and F. J. Stare
The Nutrition Foundation, [1978?]
22 p. : single copy file : (GP)

A guide to the right amounts of foods in the food groups, plus water, roughage, and calories. Emphasizes how a balanced diet is the simple, safe, and sure way to eat well, to control weight, and to feel well.

GN0034
FACTS ABOUT NUTRITION
(NIH 75-423)
US DHEW (9), 1975
28 p. : single copy free : (GP)

Outlines general nutrition and the various nutients. Reviews nutrition throughout the life cycle and includes sample menus and ideal weight charts. Lists references for source material on nutrition.

GN0035
GOOD EATING FOR A HEALTHIER YOU
Litty, McNeill and Libby of Canada Ltd., 1980
20 p. : free : (GP)

A guide to enjoying food while including the necessary nutrients for health. Based on the Canada Food Guide recommendations.

GN0036
NUTRIENT DENSITY
California Avocado Advisory Board, [1978?]
[4] p. : free : (GP)

A simple exploration of the concept of nutrient density as it relates to the avocado. Includes a recipe for guacamole omelet.

GN0037
WHAT YOU SHOULD KNOW ABOUT NUTRITION
E. T. Burton and P. Sheridan
US DHEW (9), 1977
[8] p. : single copy free : (GP)

Outlines the changing role of nutrition in health and the incidence of malnutrition in special population groups of the U.S. Includes an extensive vitamin and mineral chart as well as the U.S. Recommended Daily Allowances for vitamins and minerals.

GN0038
ORGANIC FOODS
Institute of Food Technologists, 1974
[4] p. : $0.50 : (GP)

Discusses the use of the term "organically grown". Reviews the advantages and disadvantages of such foods.

GN0039
YOU SHOULD KNOW WHAT'S GOOD FOR YOU
Canadian Canners Ltd., 1979
31 p. : free : (GP)

Serves as a reminder of what is required for good nutrition, what foods the essential nutrients are found in, how fresh foods are canned, and how canned foods can help in the preparation of nutritious and tasty meals.

GN0040
MEGAVITAMIN THERAPY
Canadian Paediatric Society, 1975
[2] p. : single copy free : (P)

Focuses on the factual information concerning megavitamin therapy.

GN0041
FOOD FANGUPS - THE CALCULATING KICK
Health and Welfare Canada (8), [1976?]
[1] p. : free : (GP)

The characteristics and hazards of fad diets are covered briefly.

GN0042
THE CONFUSING WORLD OF HEALTH FOODS
(FDA 79-2108)
US DHEW (2), 1979
4 p. : free : (GP)

An overview of claims made by advocates of "health", "organic", and "natural" foods, most of which are not supported by scientific evidence.

GN0043
ZEN MACROBIOTIC DIETS
American Medical Association (2), 1971
1 p. : single copy free : (P)

A report on the possible health consequences resulting from rigid adherence to the Zen Macrobiotic Diet.

GN0044
TASTE AND DEVELOPMENT
(NIH 77-1068)
edited by J. M. Weiffenbach
US DHEW (11), 1977
435 p. : single copy free : (P)

Proceedings of the Conference on the Development of Sweet Preference. The subjects of the papers presented include sweet sensitivity and preference in human newborns, taste experience, and the development of a dietary preference for sweets, and the relating of tastes to ingestion.

GN0045
FOOD COMBOS
by E. Hapes and S. Travis
Cornell University (1), 1973
ca. 30 p. : $3.50 : (P)

A series of eight lessons designed for use with youth groups 12-14 years of age based on protein, B vitamins and calories, with an emphasis on meal management. Binder format.

GN0046
NUTRITION SOURCE BOOK
(E074)
National Dairy Council, 1979
40 p. : $2.00 : (P)

Emphasizes a nutrient approach in teaching. The scientific basis for dietary recommendations is discussed as well as the application of nutrient and food group information to planning daily meals. American dietary standards.

GN0047
HARRY'S HEALTH HABITS
Dairy Bureau of Canada, [197-?]
1 p. : $0.03 : (E)

A sheet outlining basic health rules in rhyme format with space for student's personal record. Teachers guide is included.

GN0048
CHOOSE YOUR CALORIES BY THE COMPANY THEY KEEP
(E032)
National Dairy Council, [197-?]
4 p. : $0.15 : (GP)

The importance of choosing calories that keep company with a wealth of nutrients is emphased. Sources and roles of "leader" nutrients are summarized.

GN0049
YOUR FOOD - CHANCE OR CHOICE?
(E112)
National Dairy Council, [197-?]
12 p. : $0.15 : (S)

A booklet designed to guide teenagers in making food choices that will promote good health and vitality.

GN0050
GROWTH RECORD
(E003)
National Dairy Council, [197-?]
6 p. : $0.05 : (E)

Children can visualize their own growth patterns by completing bar graphs for their changes in height and weight. Foods needed for health and growth are discussed.

GN0051
FAD DIETING RESOURCE PORTFOLIO
by P. C. Hapes
Cornell University (2), 1974
IV. (various paging) : $3.00 : (P)

A portfolio of resource materials on fad dieting for use with teenage groups. Background information, activities, and resources are included.

GN0052
IT'S FUN TO BE HEALTHY
(No. 8700)
Prudential Insurance Company of America, [1979?]
[8] p. : single copy free : (S)

Describes some good health habits boys and girls should practice every day.

GN0053
NUTRITION: FOOD AT WORK FOR YOU
Prudential Insurance Company of America, [1979?]
[16] p. : single copy free : (GP)

Reviews the food groups and Food Guide, meal planning, nutrients, food energy, and ways of maintaining a desirable weight. Includes a condensed version of this information for posting in the kitchen.

GN0054
WHAT YOU SHOULD KNOW ABOUT HYPOGLYCEMIA
by L. B. Salans and A. A. Martin
US DHEW (9), 1978
[4] p. : single copy free : (GP)

Defines hypoglycemia and its relationship to diabetes, and discusses diagnosis and treatment.

GN0055
NUTRITION MISINFORMATION AND FOOD FADDISM
The Nutrition Foundation, 1974
73 p. : $2.50 : (P)

Reviews various fad diets, vitamin misinformation, the use of organic foods and the allure of quackery. Includes a suggested reading list.

GN0056
MIDGET ENCYCLOPEDIA OF FOOD AND NUTRITION
Center for Science in the Public Interest, [1977?]
IV. (various paging) : $1.00 : (GP)

A series of five pamphlets covering food ecology, food additives, agribusiness, fats in the diet, and general nutrition.

HANDICAPPED (HA)

HA0001
DAY BY DAY WITH THE RETARDED CHILD
Canadian Association for the Mentally Retarded, [197-?]
[8] p. : $0.10 : (GP)

Suggestions for the care and training of retarded children.

HA0002
HANDY, HELPFUL HINTS FOR THE HANDICAPPED (A-242)
by Julius D. Lombardi
National Easter Seal Society, 1974
7 p. : $0.25 : (GP)

Helpful suggestions for activities of daily living; such as eating, dressing, and home management.

HA0003
A STEP BY STEP GUIDE TO FOOD PREPARATION FOR BLIND PERSONS (C176)
by Lillian Pritchie
University of Nevada, 1976
50 p. : $0.25 : (GP)

Detailed instructions for food preparation and eating techniques are presented in this booklet.

HA0004
ADVICE TO PARENTS OF CLEFT LIP AND CLEFT PALATE CHILDREN
Hospital for Sick Children, [197-?]
[9] p. : free : (GP)

Designed to inform parents of some of the problems that will be encountered. Early care and feeding problems are addressed.

HA0005
A GUIDE FOR FEEDING CHILDREN WITH CEREBRAL PALSY
California Department of Health (2), 1966
15 p. : single copy free : (GP)

This guide is written for parents and professionals and gives suggestions on food selection, food preparation, self-feeding, and eating aids.

HA0006
HOMEMAKING MANUAL: A REFERENCE MANUAL FOR REHABILITATION TEACHERS
Western Michigan University, 1977
43 p. : $2.00 : (GP)

Provides techniques to facilitate food preparation by blind persons.

HA0007
A MANUAL FOR TRAINING THE DISABLED HOMEMAKER
(Rehabilitation Monograph 8)
by Howard A. Rusk, et al.
New York University, 1973
167 p. : $3.00 : (GP)

Information on disabilities, food preparation skills, and organizational skills are included in this teaching manual.

HA0008
FEEDING THE HANDICAPPED CHILD
by Mary Ann Harvey Smith
University of Tennessee, [1976?]
152 p. : $4.00 : (P)

A collection of papers which discuss the nutritional needs of physically and mentally handicapped children.

HA0009
GUIDELINES FOR NUTRITIONAL ASSESSMENT OF THE MENTALLY RETARDED AND THE DEVELOPMENTALLY DISABLED
University of Tennessee, 1976
140 p. : $5.00 : (P)

Papers are presented which deal with anthropometric, clinical, biochemical, dietary, and behavioral assessment. Includes an analysis of dietary data and guides for nutritional assessment of the retarded and developmentally disabled.

HA0010
PROGRAM FOR FEEDING TRAINING OF DEVELOPMENTALLY DELAYED CHILDREN
by F. A. Neely and M. A. Smith
University of Tennessee, 1977
69 p. : $1.50 : (P)

Outlines a program for feeding-training to be used with children for self-feeding skill development.

HA0011
DEVELOPMENT OF SUCKING AND SWALLOWING
by Elizabeth Bosley
Institute of Logopedics, [197-?]
[3] p. : single copy free : (P)

An article explaining several techniques to improve chewing, sucking, and swallowing reflexes that facilitate easier feeding in cerebral palsied children.

HA0012
EATING WITH A SPOON - HOW TO TEACH YOUR MULTIHANDICAPPED CHILD
by Mary Bowman, et al.
Ohio State University Press, 1975
ca. 100 p. : $5.95 : (GP)

Suggestions for teaching handicapped children to eat with a utensil are provided.

HA0013
NUTRITION AND MS
(EG 83)
by James Q. Simmons
National Multiple Sclerosis Society, 1980
16 p. : free : (GP)

Diet recommendations are given to guide the afflicted individual to the highest level of general health attainable through good nutrition.

HA0014
VITAMINS
by Arthur J. Hudson
Multiple Sclerosis Society of Canada, 1974
[2] p. : free : (GP)

Discusses the use of vitamins for people with multiple sclerosis.

HA0015
HOW TO LIVE WITH MULTIPLE SCLEROSIS
by Lois C. Scheinberg
Multiple Sclerosis Society of Canada, 1978
[4] p. : $0.05 : (GP)

Multiple sclerosis is defined and the possible causes, symptoms, and treatments are discussed. Diets and vitamins are explained.

HA0016
THE TRUTH ABOUT DIET AND ARTHRITIS
The Arthritis Society, [197-?]
[4] p. : single copy free : (GP)

Informs the arthritic patient that there is no special diet for arthritis. Weight problems and gout are described.

HA0017
HELPFUL HINTS FOR THE HOMEMAKER WITH ARTHRITIS
Charles E. Frosst and Company, [197-?]
[18] p. : free : (GP)

Applies work simplification principles to daily living activities such as food preparation, dressing, and cleaning.

HA0018
NUTRITIONAL CARE OF THE PHYSICALLY DISABLED
(Number 719)
by Madelyn Hargrave
Sister Kenny Institute, 1979
50 p. : $6.85 : (P)

A guide for assisting health professionals in providing nutritional care for disabled patients. Dietary modifications, nutritional status and therapy, and a nutritional care plan are outlined.

HA0019
ADAPTATIONS AND TECHNIQUES FOR THE DISABLED HOMEMAKER
by Karen Hodgeman and Eleanor Warpeha
Sister Kenny Institute, 1973
40 p. : $4.90 : (GP)

Information and techniques for daily living are presented, including food preparation, adaptation of work and storage areas, and the use of the sink and stove.

HA0020
FEEDING THE CHILD WITH A HANDICAP
(HSA 75-5609)
US DHEW (17), 1975
19 p. : single copy free : (GP)

Suggestions on how to meet the feeding needs of handicapped children are given, as well as some principles of child growth and development.

HA0021
FEEDING PROGRAMS AND THE HANDICAPPED CHILD
by Jane M. Woodburn and Maeona M. Fitch
Woodburn and Fitch, 1978
26 p. : $4.00 : (P)

A problem-solving guide for professionals working with handicapped children. Covers foods to include in the diet, sample menus, and how to utilize feeding programs.

HA0022
AN OSTOMY IS FOR LIVING - AN AID FOR THE NEW OSTOMATE
E. R. Squibb and Sons Ltd., : Toronto Colostomy Association [distributor], 1975
18 p. : free : (GP)

Answers many of the questions a new ostomate has about diet, hygiene, clothing, and sports.

HA0023
FEEDING THE CHILD WHO IS DEVELOPMENTALLY DELAYED
Newfoundland and Labrador Department of Health, 1979
18 p. : single copy free : (P)

Gives suggestions on how to meet the nutritional requirements of the retarded and describes some of the techniques and devices used in feeding.

HA0024
A MANUAL FOR PATIENTS WITH PARKINSON'S DISEASE
by Richard Sweet and Fletcher McDowell
Parkinson Foundation of Canada, [197-?]
[18] p. : $2.00 : (GP)

A manual containing concise, relevant information on diet (emphasizing obesity and constipation as major problems), as well as clothing, hygiene, and recreation.

HA0025
THE PHYSICALLY HANDICAPPED STUDENT IN THE REGULAR HOME ECONOMICS CLASSROOM - A GUIDE FOR TEACHING NUTRITION AND FOODS
by Sharon Smith Redick
The Interstate Printers and Publishers, Inc., 1976
226 p. : $6.75 : (P)

Curriculum suggestions for working with physically handicapped students in the 13 to 15 year age bracket.

HA0026
TECHNIQUES FOR EATING: A GUIDE FOR BLIND PERSONS
by Lloyd C. Winderberg and Ruth Kaarlela
Western Michigan University, 1977
10 p. : $1.00 : (GP)

A comprehensive manual that covers every problem encountered by blind persons at the dinner table. Suggestions for using cafeterias are also given.

HA0027
KITCHENS FOR WOMEN IN WHEELCHAIRS (Circular 841)
by Helen E. McCullough and Mary B. Farnham
University of Illinois, 1961
31 p. : $1.15 : (P)

Specially designed work and storage units are illustrated with photographs and work drawings.

HA0028
IT ISN'T ALWAYS EASY ...BUT IT'S POSSIBLE
Thomas J. Lipton, Inc., 1976
[16] p. : $2.00 : (P)

Describes methods of teaching food preparation skills to blind people.

HA0029
AIDS, EQUIPMENT, AND SUGGESTIONS TO HELP THE PATIENT WITH PARKINSON'S DISEASE IN THE ACTIVITIES OF DAILY LIVING
American Parkinson Disease Association, [1979?]
22 p. : single copy free : (GP)

Contains lists of adaptive equipment, useful aids, and suggestions to help the patient become independent.

HA0030
COOKING WITH BETTY CROCKER MIXES
Betty Crocker Kitchens, 1979
97 p. : single copy free : (GP)

Includes easy to prepare recipes using Betty Crocker products. Extra large type is used.

HA0031
A SPECIAL PICTURE COOKBOOK
by Freida Reed Steed
H. and H. Enterprises, Inc., 1977
108 p. : $5.95 : (P)

Written primarily to assist parents and professionals in instructing handicapped children, this book is useful for all children.

HA0032
LOOK AND COOK
Minnesota Instructional Materials Center, [197-?]
88 p. : $3.25 : (P)

A recipe book designed for teaching mentally handicapped adults. Recipes are presented both in text and pictures.

HA0033
STEP-BY-STEP PICTORIAL COOKBOOK
Ralston Purina Company, 1979
50 p. : $2.00 : (GP)

A recipe book for use by the mentally or physically handicapped.

HA0034
HELPING HAND COOK BOOK
The Easter Seal Guild, 1970
60 p. : $3.00 : (GP)

Contains recipes that can be prepared with a minimum of effort. Food preparation hints and diagrams of aids for the disabled are also included.

HA0035
TOUCH SMELL AND LISTEN COOKERY
Public Service Electric and Gas Company, [1978?]
[18] p. : single copy free : (GP)

Gives specific examples of how touch, smell, and sound are used in cooking. Provides recipes in lesson format.

HACC36
LIKE OTHER CHILDREN; A GUIDE FOR PARENTS OF THE MENTALLY RETARDED
Health and Welfare Canada : Supply and Services Canada [distributor], [1972?]
36 p. : $1.00 : (P)

A practical guide for parents of retarded children. Suggests ways in which these children can be helped to develop their fullest potential. Information on eating and diet is included.

HA0037
PHYSICALLY HANDICAPPED: AIDS TO SELF HELP IN HOMEMAKING, GROOMING AND CLOTHING
North Carolina State University, [1978?]
[17] p. : single copy free : (GP)

Contains illustrations and descriptions of numerous useful homemaking aids which will assist handicapped homemakers.

HACC38
APE PRACTICE REPORT: A PRACTICAL EDUCATION PROGRAM FOR THE DIABETIC CLIENT WITHIN THE REHABILITATION SETTING
American Foundation for the Blind, 1979
147 p. : $4.00 : (P)

An outline of the Diabetes Education Program which was designed to provide practical information to assist individuals in achieving and maintaining control of their diabetic condition. Intended for use in a rehabilitation setting.

HACC39
COLOSTOMIES - A GUIDE
by Edith Lenneberg and Alan H. Mendelssohn
United Ostomy Association, Inc., [1979?]
32 p. : $3.00 : (GP)

Covers physical facts about colostomies, skin care, odor control, daily life, and eating.

HACC40
HELP YOURSELF TO FOOD
Ontario Association for the Mentally Retarded, [197-?]
ca. 50 p. : $5.00 : (GP)

A book of recipes for basic foods designed for the mentally handicapped. Instructions are provided in a simple format, with illustrations.

HACC41
HELP YOURSELF TO MEALS
Ontario Association for the Mentally Retarded, [1980?]
ca. 200 p. : $12.00 : (GP)

Step-by-step instructions are provided for the preparation of simple meals. Recipes included.

HA0042
DAYCARE: CHILDREN WITH SPECIAL NEEDS
Health and Welfare Canada (3), [1978?]
[10] p. : free : (P)

A collection of reprints in kit form which includes one article dealing with nutrition in a "special needs" kindergarten.

HACC43
CHILDREN WITH SPECIAL NEEDS IN DAY CARE - A GUIDE TO INTEGRATION
Health and Welfare Canada (3), 1978
55 p. : free : (P)

Defines and discusses the needs of the developmentally delayed child in "regular" early childhood services. A comprehensive list of resources and references provides some material dealing with nutrition.

HACC44
LOOK AND COOK
by Jacqueline J. Yates
Special Child Publications, 1972
28 p. : $9.95 : (GP)

Designed to teach the mentally disabled how to cook, this poster-sized manual uses color codes and pictures to explain the recipes. Includes a series of tear sheets for further instruction.

HA0045
HANDBOOK FOR ARTHRITICS
Victoria General Hospital, 1980
30 p. : $1.50 : (GP)

A patient handbook for use under the supervision of a dietitian. Covers shopping, food preparation, general nutrition, weight reduction, menu planning, and recipes.

HACC46
VOCATIONAL EDUCATION FOR THE HANDICAPPED FOODSERVICE GUIDE
Home Economics Instructional Materials Center, 1980
491 p. : $12.95 : (P)

Useful to teachers of handicapped students in home economics programs. Topics covered include sanitation, safety, equipment, food production and storage, quantity cookery, and customer service.

HACC47
NUTRITION EDUCATION FOR RETARDED CHILDREN - A PROGRAM FOR TEACHERS
by V. S. Johnson et al.
University of Tennessee, [1980?]
183 p. : $5.50 : (P)

A comprehensive teaching guide with curriculum and curriculum evaluation is the basis of this manual.

THE HEALTH CARE SYSTEM (HC)

HC0001
DIETITIANS: THE PROFESSIONALS IN NUTRITIONAL CARE
American Dietetic Association, [197-?]
[16] p. : single copy free : (P)

Discusses the dietitians role of nutritional care in a variety of settings.

HC0002
NUTRITION TEACHING IN MEDICAL SCHOOLS
American Medical Association (3), 1963
[3] p. : single copy free : (P)

Discusses the lack of nutrition education in medical schools and makes recommendations to improve the situation.

HC0003
CHRONOLOGY OF SOME EVENTS IN THE DEVELOPMENT AND APPLICATION OF THE SCIENCE OF NUTRITION
by E. N. Todhunter
The Nutrition Foundation, 1976
[12] p. : single copy free : (P)

Places the development of nutrition in perspective of time, world events, and overall progress in science.

HC0004
NCHSR RESEARCH PROCEEDINGS SERIES - CONSUMER-SELF CARE IN HEALTH
(HRA 77-3181)
US DHEW (21), 1977
40 p. : single copy free : (P)

Formulates the research issues inherent in the self-care movement and furthers the understanding of research needs regarding consumer participation in the health care process.

HC0005
ONTARIO PUBLIC HEALTH - SOME CURRENT ISSUES 1977
Ontario Ministry of Health : Ontario Government Bookstore [distributor], [1977?]
67 p. : $2.00 : (P)

Clarifies the role of Ontario public health services within the context of the need for improved prevention of disease and increased promotion of individual health.

HC0006
NUTRITION AND DIETETIC SERVICES - 1975
The Ontario Council of Health : Ontario Government Bookstore [distributor], [1975?]
56 p. : $1.55 : (P)

Considers Ontario's needs for nutrition and dietetic services.

HC0007
HEALTH MAINTENANCE
Pacific Mutual Life Insurance Company, 1978
88 p. : single copy free : (P)

A nationwide survey of the barriers toward better health.

HC0008
A GUIDE TO FUNDS SOLICIATION FOR HEALTH SYSTEMS AGENCIES
(HRA 79-14040)
US DHEW (20), 1979
87 p. : single copy free : (P)

Focuses on many considerations involved in approaching the task of funds solicitation. Offers a framework for implementation of the process.

HC0008
WORKSHOP MODULES: FUNDS SOLICITATION FOR HEALTH SYSTEMS AGENCIES
(HRA 79-14039)
US DHEW (20), 1979
81 p. : single copy free : (P)

Explains practical approaches to learning and teaching ways of handling problems associated with the soliciation of funds for health programs.

HC0010
ETHICS IN HUMAN EXPERIMENTATION
Health and Welfare Canada : Science Council of Canada [distributor], 1978
64 p. : single copy free : (P)

Discusses ethical considerations in research involving human subjects.

HC0011
A GUIDE TO THE DEVELOPMENT OF HEALTH RESOURCE INVENTORIES
(HRA 79-14002)
US DHEW (20), 1979
164 p. : single copy free : (P)

An aid to health planners in defining and selecting key data items, locating data sources, and developing inventories of essential health care resources.

HC0012
HEALTH FIELD INDICATORS - CANADA AND PROVINCES
by Barbara L. Ouellet
Health and Welfare Canada (1), 1979
106 p. : single copy free : (P)

Draws attention to certain important features of the health field by highlighting a variety of health statistics.

HC0013
HEALTH - UNITED STATES 1979
(PHS 80-1232)
US DHEW (22), 1980
306 p. : single copy free : (P)

A report consisting of a review of subjects of current interest in the health field and numerous statistical tables. Includes descriptions of data sources, a glossary, and a guide to the use of the statistical tables.

HC0014
HEALTH CARE IN CANADA: SUPPLEMENTARY PAPERS
by H. Rocke Robertson
Science Council of Canada, 1973
ca. 200 p. : single copy free : (P)

Includes some of the source material used in preparing the report "Health Care in Canada: A Commentary". Includes a list of projects in health care research currently being carried out or completed between 1970 and 1971.

HC0015
A COMPENDIUM OF SELECTED FEDERALLY SUPPORTED HEALTH-RELATED PROGRAMS
(HRA 79-14027)
US DHEW (20), 1979
125 p. : single copy free : (P)

This reference document provides easy identification of federally supported programs or activities which may have a direct impact on national health care services and resources.

HC0016
FEDERAL HUMAN NUTRITION RESEARCH NEEDS A COORDINATED APPROACH TO ADVANCE NUTRITION KNOWLEDGE - VOLUME 1
(PSAD 77-156)
US General Accounting Office, 1978
121 p. : single copy free : (P)

Recommendations offered by the U.S. General Accounting Office to the Federal agencies and departments concerned with nutrition research are presented.

HC0017
FEDERAL HUMAN NUTRITION RESEARCH NEEDS A COORDINATED APPROACH TO ADVANCE NUTRITION KNOWLEDGE - VOLUME 2
(PSAD 77-156-A)
US General Accounting Office, 1978
138 p. : single copy free : (P)

Contains the observations and views of 32 individuals active in research, training, or clinical practice of human nutrition. Addresses human nutrition and research needs.

HC0018
GREATER FEDERAL EFFORTS ARE NEEDED TO IMPROVE NUTRITION EDUCATION IN THE U.S. MEDICAL SCHOOLS
US General Accounting Office, 1980
14 p. : single copy free : (P)

Examines the lack of nutrition education in medical schools and offers recommendations.

HC0019
NEW DIRECTIONS IN FEDERALLY-SUPPORTED HUMAN NUTRITION RESEARCH
US Office of Science and Technology Policy, 1977
27 p. : single copy free : (P)

Provides an overview of federally supported human nutrition research in the United States. Discusses research priorities and makes general recommendations for change.

HC0020
PROCEEDINGS OF THE NATIONAL SEMINAR ON NUTRITION: ISSUES AND PRIORITIES
edited by A. Sherrington
Canadian Public Health Association, 1975
[50] p. : $2.00 : (P)

An attempt to identify some of the issues and priorities in the area of nutrition which require immediate attention. Suggestions for a national nutrition policy are outlined.

HC0021
A NEW PERSPECTIVE ON THE HEALTH OF CANADIANS - A WORKING DOCUMENT
HEALTH AND WELFARE CANADA (1), 1974
76 p. : free : (P)

A discussion of the role of the health care system in maintaining and improving health. Includes a fold-out chart detailing the major causes of death for each age and sex group.

HC0022
NUTRITION RESEARCH IN THE U.S.S.R., 1961-1970
(NIH 72-57)
by W. H. Fitzpatrick
US DHEW (11), 1972
143 p. : single copy free : (P)

A monograph based on original Soviet research. Explains the organization of the nutrition component of the Soviet health care system.

HC0023
NUTRITION AND HEALTH IN CANADA
Health and Welfare Canada (1), 1979
190 p. : single copy free : (P)

A report providing an overview of nutrition in Canadian society, focussing particularly on those aspects which influence individual choices and preferences.

HC0024
HEALTH SERVICES CAREERS KIT
(HHS0679N)
Government of the Northwest Territories, 1978
[30] p. : single copy free : (GP)

Designed for people interested in a health care career. Thirty different careers are examined and explained.

HC0025
HEALTH SERVICES ADMINISTRATION
(HSA 79-7000)
US DHEW (16), 1979
14 p. : single copy free : (P)

A booklet describing the activities of the Health Services Administration. Programs of this agency include the Bureau of Community Health Services, the Indian Health Service, and the Bureau of Medical Services.

HC0026
NATIONAL HEALTH INFORMATION CLEARINGHOUSE FACT SHEET
US DHEW (23), 1980
[1] p. : single copy free : (P)

Explains the function and services of the National Health Information Clearinghouse.

INTERNATIONAL ISSUES (IN)

IN0001
UNDEREXPLOITED TROPICAL PLANTS WITH PROMISING ECONOMIC VALUE
National Academy of Sciences (3), 1975
189 p. : single copy free : (P)

Report on plants that show promise for improving the quality of life in tropical areas.

IN0002
TROPICAL LEGUMES: RESOURCES FOR THE FUTURE
National Academy of Sciences (3)
331 p. : single copy free : (P)

Describes plants of the family Leguminosae, all of which are greatly underexploited. Demonstrates how farmers in developing countries, by using leguminous plants, can grow useful crops.

IN0003
POSTHARVEST FOOD LOSSES IN DEVELOPING COUNTRIES
National Academy of Sciences, (4), 1978
206 p. : single copy free : (P)

Assesses both the potential of food loss reduction efforts and their limits. Summarizes existing work and information about losses of the major food crops and fish. Discusses some social and economic factors involved, identifies areas of need, and suggests various policy and program options.

IN0004
MAKING AQUATIC WEEDS USEFUL: SOME PERSPECTIVES FOR DEVELOPING COUNTRIES
National Academy of Sciences (3), 1976
174 p. : single copy free : (P)

Examines methods for controlling aquatic weeds and using them to best advantage, especially those methods that show promise for less-developed countries. Emphasizes techniques for converting weeds for feed, food, fertilizer, and energy production.

IN0005
AGRICULTURE, FOOD AND NUTRITION SCIENCES DIVISION: THE FIRST FIVE YEARS
(IDRC-089e)
International Development Research Centre, 1977
50 p. : free : (P)

Provides basic information about the Agriculture, Food and Nutrition Sciences Division of the International Development Research Centre (IDRC). Describes the objectives, priorities, and operation of the Division, and gives some examples of research projects undertaken in developing regions.

IN0006
FOOD OR FAMINE
(IDRC-143e)
by A.D.B. KER
International Development Research Centre, 1979
79 p. : free : (P)

An account of a crop science program supported by the IDRC.

IN0007
THE SOCIOLOGY OF FOOD
(IDRC-099e)
by Ruth K. Zagorin
International Development Research Centre, 1977
12 p. : single copy free : (P)

Recounts in historical perspective, how various societies are organized and how they manage the problems of securing a daily food supply.

IN0008
FOOD SYSTEMS
(IDRC-146e)
by R. S. Forrest, W. Edwardson, S. Vogel, and G. Yaciuk
International Development Research Centre, 1979
72 p. : single copy free : (P)

Describes the post-production research currently being supported by the IDRC, and includes short reports on each of the projects within the Post Production Systems program up to September 1979.

IN0009
INTERNATIONAL DEVELOPMENT RESEARCH CENTRE PROJECTS 1970-1978
(IDRC-122e)
compiled by Rowan Shirkie
International Development Research Centre, 1979
93 p. : free : (P)

Describes projects which represent eight years of innovation and experimentation in making science and technology serve development.

IN0010
THE COST OF FOREIGN AID TO DEVELOPING COUNTRIES
(IDRC-TS12E)
by Nihal Kappagoda
International Development Research Centre, 1978
15 p. : single copy free : (P)

The economic and political costs of foreign aid are examined.

IN0011
FISH FARMING
(IDRC-120e)
by Bob Stanley
International Development Research Centre, 1978
40 p. : single copy free : (P)

A monograph outlining the aquaculture research projects supported by IDRC. Describes fish breeding, fish culture, animal nutrition, shellfish, and freshwater fish culture projects.

IN0012
PROBLEMS OF HUNGER AND MALNUTRITION IN DEVELOPING COUNTRIES
[illegible] M. Singh
University of British Columbia, 1975
46 p. : single copy free : (P)

Summary of seven public lectures by Mchinder Singh on the problems of hunger and malnutrition in developing countries. Includes some additional material, statistical tables, references to main sources of information, and a selected bibliography.

IN0013
MTU NI AFYA - TANZANIA'S HEALTH CAMPAIGN
(Information Bulletin 9)
by E. L. Hall
Clearinghouse on Development Communication, 1978
74 p. : single copy free : (P)

Aims to describe and analyze in detail how the Mtu ni Afya (Man is Health) campaign came about, how it was planned, what its underlying methodology was, and what impact it had. Also examines the case for mass radio study-group campaigns as an integral and continuous part of national development strategies.

IN0014
COMMUNICATION MEDIA AND TECHNOLOGY: A LOOK AT THEIR ROLE IN NON-FORMAL EDUCATION PROGRAMS
(Information bulletin 5)
by H. T. Ingle
Clearinghouse on Development Communication, 1974
62 p. : single copy free : (P)

Reviews the role communication media and technology have played in the area of non-formal education, in bringing interesting projects and approaches to the attention of others working in this area, and in identifying lessons learned from their use.

IN0015
RADIO'S ROLE IN DEVELOPMENT: FIVE STRATEGIES OF USE
(Information Bulletin 4)
by F. G. McAnany
Clearinghouse on Development Communication, 1976
29 p. : single copy free : (P)

Focus is on radio in the rural setting of developing countries where it may provide the greatest potential for aiding human growth and development.

IN0016
THROUGH A GLASS DARKLY: DISCERNING THE PRACTICAL IMPLICATIONS OF HUMAN DIETARY PROTEIN-ENERGY INTERRELATIONSHIPS
by N.S. Scrimshaw
The Nutrition Foundation, 1977
[16] p. : single copy free : (P)

Discusses the issue of the relative importance of protein and energy deficits in the diets of the underprivileged, and emphasizes its significance to national and international strategies for dealing with malnutrition in developing countries.

IN0017
RECENT AND PROSPECTIVE DEVELOPMENTS IN FOOD CONSUMPTION: SOME POLICY ISSUES
(Research Report 2)
International Food Policy Research Institute, 1977
61 p. : single copy free : (P)

Discusses the various dimensions of the food problem, including malnutrition, food supply, and food consumption. Implications involved in national and international policy are outlined.

IN0018
FOOD NEEDS OF DEVELOPING COUNTRIES: PROJECTIONS OF PRODUCTION AND CONSUMPTION TO 1990
(Research Report 3)
International Food Policy Research Institute, 1977
157 p. : single copy free : (P)

Emphasizes the large gap between food needs and food production in developing market economies.

IN0019
FOOD SECURITY: AN INSURANCE APPROACH
(Research Report 4)
by P. Konandreas, N. Huddleston, and V. Ramangkura
International Food Policy Research Institute, 1978
96 p. : single copy free : (P)

Suggests an approach by which the international community can contribute to the food security of developing countries without having to create large buffer stocks and stabilize world grain prices.

IN0020
IMPACT OF SUBSIDIZED PRICE ON FOOD CONSUMPTION AND NUTRITION IN KERALA
(Research Report 5)
by S. K. Kumar
International Food Policy Research Institute, 1979
48 p. : single copy free : (P)

Empirically analyzes the impact of a food price subsidy program on levels of food consumption and nutrition of a low income population.

IN0021
INTERSECTORAL FACTOR MOBILITY AND AGRICULTURAL GROWTH
(Research Report 6)
by Yair Mundlak
International Food Policy Research Institute, 1979
138 p. : single copy free : (P)

The development and application of a model for analyzing the relation between particular aspects of agricultural growth and other sectors of the economy is outlined.

IN0022
PUBLIC DISTRIBUTION OF FOODGRAINS IN KERALA - INCOME DISTRIBUTION IMPLICATIONS AND EFFECTIVENESS
(Research Report 7)
by P. S. George
International Food Policy Research Institute, 1979
68 p. : single copy free : (P)

Analyzes the operation of the public distribution system for food grains in Kerala, a southern state in India.

IN0023
FOOD GRAIN SUPPLY, DISTRIBUTION, AND CONSUMPTION POLICIES WITHIN A DUAL PRICING MECHANISM: THE CASE OF BANGLADESH
(Research Report 8)
by Raisuddin Ahmed
International Food Policy Research Institute, 1979
82 p. : single copy free : (P)

Describes and analyzes policies which determine the consumption and distribution of food grains in Bangladesh, one of the most densely populated and poorest nations in the world.

IN0024
BRAZIL'S MINIMUM PRICE POLICY AND THE AGRICULTURAL SECTOR OF NORTHEAST BRAZIL
(Research Report 9)
by Roger Fox
International Food Policy Research Institute, 1979
118 p. : single copy free : (P)

Presents a review and analysis of Brazil's minimum price program.

IN0025
INVESTMENT AND INPUT REQUIREMENTS FOR ACCELERATING FOOD PRODUCTION IN LOW-INCOME COUNTRIES BY 1990
(Research Report 10)
by P. Cram, N. Zapata, G. Alibarviio, and S. Roy
International Food Policy Research Institute, 1979
179 p. : single copy free : (P)

Determines what is believed by IFPRI to be the feasible extent and type of investment requirements needed to accelerate food production on a country - by - country basis.

IN0026
RAPID FOOD PRODUCTION GROWTH IN SELECTED DEVELOPING COUNTRIES
(Research Report 11)
by K. L. Bachman and L. A. Paulino
International Food Policy Research Institute, 1979
98 p. : single copy free : (P)

Examines the growth components of production in the developing countries where food output has expanded rapidly during the past 15 years.

IN0027
TWO ANALYSES OF INDIAN FOOD GRAIN PRODUCTION AND CONSUMPTION DATA
(Research Report 12)
by J. S. Sarma, S. Roy, and P. S. George
International Food Policy Research Institute, 1979
55 p. : single copy free : (P)

This study analyzes the trends in food grain consumption and the factors influencing the level of consumption.

IN0028
THE IMPACT OF PUBLIC FOODGRAIN DISTRIBUTION ON FOOD CONSUMPTION AND WELFARE IN SRI LANKA
(Research Report 13)
by James D. Gavan and Indrani Sri Chandrasekera
International Food Policy Research Institute, 1979
58 p. : single copy free : (P)

Concentrates on the small country of Sri Lanka with its substantial trade sector. Looks at the food policy implications of food subsidies.

IN0029
DEVELOPED-COUNTRY AGRICULTURAL POLICIES AND DEVELOPING-COUNTRY SUPPLIES: THE CASE OF WHEAT
(Research Report 14)
by Timothy Josling
International Food Policy Research Institute, 1980
67 p. : single copy free : (P)

Examines data on production, consumption, stocks, and prices to determine to what extent and how wheat availability in developing countries is destabilized by developed-country policies.

IN0030
FOOD PRODUCTION IN THE PEOPLE'S REPUBLIC OF CHINA
(Research Report 15)
by Anthony M. Tang and Bruce Stone
International Food Policy Research Institute, 1980
179 p. : single copy free : (P)

Discusses the relation of agricultural policy to overall development strategy. Analyzes the essence of what needs to be done if China's food targets are to be met and indicates how difficult and unlikely meeting them may be.

IN0031
REPORT ON WORLD SUGAR SUPPLY AND DEMAND - 1980 AND 1985
USDA (4), 1977
303 p. : single copy free : (P)

Gives the results of Phase II of a World Sugar Supply and Demand Study, which makes projections for 1980 and 1985, based on 20 years of data.

IN0032
AN UPDATE ON WORLD SUGAR SUPPLY AND DEMAND - 1980 AND 1985
USDA (4), 1978
30 p. : single copy free : (P)

Supplement to "Report on World Sugar Supply and Demand - 1980 and 1985". An "update" has two more years of data in addition to the 20 years in the "Report".

IN0033
COORDINATION U.S. DEVELOPMENT ASSISTANCE : PROBLEMS FACING THE INTERNATIONAL DEVELOPMENT COOPERATION AGENCY
(ID-80-13)
US General Accounting Office, 1980
141 p. : single copy free : (P)

A report concerned with the coordination of American policies and programs relating to bilateral development assistance programs, food aid, participation in the multilateral development banks, the development activities of international organizations, and non-aid resource transfers.

IN0034
SEARCH FOR OPTIONS IN THE TROUBLED FOOD-FOR-PEACE PROGRAM IN ZAIRE
(ID-80-25)
US General Accounting Office, 1980
35 p. : single copy free : (P)

A report on the Public Law 480 program in Zaire, which is the principal vehicle for providing American food assistance to friendly countries.

IN0035
DICTIONARY OF INTERNATIONAL AGRICULTURAL TRADE
(AE-411)
compiled by H. W. Henderson
USDA (4), 1971
170 p. : single copy free : (P)

Defines terms used in the voculabulary of international trade.

IN0036
COMMODITY TRADE ISSUES IN INTERNATIONAL NEGOTIATIONS
(Occasional Paper No. 1)
by Barbara Huddlestone
International Food Policy Research Institute, 1977
47 p. : single copy free : (P)

This paper attempts to focus various proposals for improving commodity trade prospects for developing countries, and to indicate what bearing these proposals could have on the formulation of world food strategies.

IN0037
POTENTIAL OF AGRICULTURAL EXPORTS TO FINANCE INCREASED FOOD IMPORTS IN SELECTED DEVELOPING COUNTRIES
(Occasional Paper No. 2)
by Alberto Valdes and Barbara Huddleston
International Food Policy Research Institute, 1977
72 p. : single copy free : (P)

Agricultural trade prospects and food import capacity are examined in this report.

IN0038
THREE ISSUES OF DEVELOPMENT STRATEGY - FOOD, POPULATION, TRADE
by John W. Mellor
International Food Policy Research Institute, [1978?]
35 p. : single copy free : (F)

A series of three papers highlighting different aspects of the need to accelerate agricultural development as a means of dealing with increasing hunger and malnutrition.

IN0039
FOOD PRICE POLICY AND INCOME DISTRIBUTION IN LOW-INCOME COUNTRIES
by John W. Mellor
The University of Chicago : International Food Policy Research Institute [distributor], 1978
26 p. : single copy free : (P)

The relationship between food prices and absolute and real income is examined.

IN0040
WORLD FOOD STRATEGY FOR THE 1980'S - CONTEXT, OBJECTIVES, AND APPROACH
by John W. Mellor
International Food Policy Research Institute, [1979]
7 p. : single copy free : (P)

Provides a rationale and approach for solving some world food supply problems.

IN0041
INDIA - A DRIVE TOWARDS SELF-SUFFICIENCY IN FOODGRAINS
by L. S. Sarma
American Journal of Agricultural Economics : International Food Policy Research Institute [distributor], 1978
[6] p. : single copy free : (P)

Analyzes India's performance in terms of the achievement of self-sufficiency on the basis of past trends in food grain production and consumption.

IN0042
AGRICULTURAL AND FOOD POLICY ISSUES ANALYSIS: SOME THOUGHTS FROM AN INTERNATIONAL PERSPECTIVE
by Alex F. McCalla
International Food Policy Research Institute, [1979?]
63 p. : single copy free : (P)

A partial inventory of agricultural and food policy in selected developing and developed countries is presented.

IN0043
RESEARCH DIRECTIONS IN INCOME DISTRIBUTION, NUTRITION, AND THE ECONOMICS OF FOOD
by Lance Taylor
International Food Policy Research Institute, 1977
[16] p. : single copy free : (P)

Attempts to chart the terrain and identify some specific topics in income distribution, nutrition, and the economics of food.

IN0044
NESTLE IN THE DEVELOPING COUNTRIES
Nestle Enterprises Ltd., 1975
228 p. : single copy free : (P)

Outlines Nestle's contributions to economic growth in developing countries.

IN0045
FOOD FOR THE POOR: THE ROLE OF CIDA IN AGRICULTURAL, FISHERIES AND RURAL DEVELOPMENT
(Discussion Paper D80/1)
by S. Thompson
Science Council of Canada, 1980
154 p. : free : (P)

A discussion paper examining the contribution of CIDA's Bilateral Branch in agricultural, fisheries, and rural development, as it pertains to the least priviledged in the world.

IN0046
CHILD NUTRITION IN DEVELOPING COUNTRIES
by D. B. Jelliffe
US Agency for International Development (1), 1968
200 p. : single copy free : (P)

A handbook for field workers involved in the health profession in developing countries. An entensive appendix section is included. Specific projects are described.

IN0047
AGRICULTURAL POLICIES AND RURAL MALNUTRITION
(PN AAF-296)
US Agency for International Development (2), 1978
67 p. : single copy free : (P)

Summary paper on food production and nutrition in developing countries. Includes an extensive bibliography related to the issues involved.

IN0048
PROJECT EVALUATION GUIDLINES: 3RD EDITION
(M.C. 1026.1)
US Agency for International Development (2), 1974
77 p. : single copy free : (P)

Guidelines for evaluation of development projects.

IN0049
A SERIES OF PAPERS ON WORLD FOOD ISSUES
edited by M. Drosdoff
Cornell University (5), 1979
ca. 100 p. : $2.00 : (P)

Various aspects of the global food situation are discussed in a series of 14 papers written by Cornell University faculty. The majority of the papers deal with food production, natural resources, and policy issues.

IN0050
BUDGET NATIONS NEED TO REDUCE FOOD LOSSES CAUSED BY STORAGE, SPILLAGE, AND SPOILAGE
(ID-76-65)
US General Accounting Office, 1976
29 p. : single copy free : (P)

A report urging the U.S. government food aid programs to place more emphasis on the adequacy of facilities and practices for preservation of food.

IN0051
DISINCENTIVES TO AGRICULTURAL PRODUCTION IN DEVELOPING COUNTRIES
(ID-76-2)
US General Accounting Office, 1975
117 p. : single copy free : (P)

Discusses the need for more incentives to self-help measures in government food and agricultural assistance programs in developing countries.

IN0052
WORLD HUNGER AND MALNUTRITION CONTINUE: SLOW PROGRESS IN CARRYING OUT WORLD FOOD CONFERENCE OBJECTIVES
(ID-80-12)
US General Accounting Office, 1980
51 p. : single copy free : (P)

Examines U.S. and international attempts to act on worldwide resolves regarding global hunger.

IN0053
FOOD CONSUMPTION BEHAVIOUR BY INCOME CLASS IN RURAL AND URBAN PHILIPPINES
(Occassional Paper No. 90)
by H. W. Goldman and C. G. Hanada
Cornell Univeristy (4), 1976
13 p. : single copy free : (P)

A report which examines the effect of income in rural and urban households by estimating demand functions for food items for different income groups.

IN0054
ELEMENTS OF A FOOD MARKETING POLICY FOR LOW INCOME COUNTRIES
(Occasional Paper No. 38)
by John W. Mellor
Cornell University (4), 1970
12 p. : single copy free : (P)

The objectives, structure, and performance of food marketing systems in developing countries are outlined. Suggestions for food marketing strategies and policy are presented.

IN0055
THE IMPACT OF HORTICULTURAL DEVELOPMENT ON INCOME, EMPLOYMENT, AND NUTRITION IN AURAKOT DISTRICT, NEPAL
(A.E. Res. 79-9)
by Peter J. Calkins and Daniel G. Sister
Cornell University (3), 1978
53 p. : single copy free : (P)

Measures the extent to which production and consumption of horticultural crops contribute to the income, employment, and nutrition of hill cultivators. Projects the impact of increasing levels of horticultural production.

IN0056
QUANTIFYING THE NUTRITION SITUATION IN DEVELOPING COUNTRIES
(Staff Paper No. 79-33)
by Thomas T. Poleman
Cornell University (3), 1979
iv. (various paging) : single copy free : (P)

Reports, by quantifying with numbers, global food production and needs.

IN0057
THE RISE OF AGRICULTURE AND THE RISE OF POPULATIONS PRIOR TO THE AGE OF DISCOVERY: A LITERATURE REVIEW
(Staff Paper No. 38)
by Roger D. Montgomery
Cornell University (3), 1971
59 p. : single copy free : (P)

A study of the economics of food and agriculture in the tropics. Discusses the origin of agriculture throughout the world.

INCC58
A POLITICAL HISTORY OF FOOD FOR PEACE
(Staff Paper No. 77-18)
by George Zachar
Cornell University (3), 1977
36 p. : single copy free : (P)

The history of American international food aid programs is outlined.

INCC59
FAMINE
(Staff Paper No. 78-18)
by Thomas J. Poleman
Cornell University (3), 1978
4 p. : single copy free : (P)

A brief overview of the natural and man-made origins of famine.

INCC60
"RUBBER OR RICE?"-- THE DILEMMA OF MANY DEVELOPING NATIONS
(Staff Paper No. 78-13)
by D.G. Sisler and D. Blandford
Cornell University (3), 1978
16 p. : single copy free : (P)

Discusses the fact that many developing nations whose people suffer from malnutrition are significant exporters of food or agricultural raw materials.

IN0061
FOOD, POPULATION AND EMPLOYMENT: SOME COMMENTS ON THE COLUMBIAN EXPERIENCE
(Staff Paper No. 78-4)
by Arturio Escobar
Cornell University (3), 1978
46 p. : single copy free : (P0

Discussion of the effects of rapid economic development in Columbia between 1900-1930.

IN0062
THE THOMAS ROBERT MALTHUS LECTURE: THE FOOD-POPULATION PROSPECT 175 YEARS LATER
(Staff Paper No. 77-13)
by Thomas T. Poleman
Cornell University (3), 1977
16 p. : single copy free : (P)

A discussion of the effect of Malthusian philosophy on present day food policy trends.

IN0063
SURVEY OF NUTRITIONAL CONCOMITANTS OF URBANIZATION IN SELECTED COUNTRIES OF SUB-SAHARAN AFRICA.
(Staff Paper No. 73-15)
by Thomas T. Poleman
Cornell University (3), 1973
[25] p. : single copy free : (P)

Explores the implications of rapid urbanization in selected countries of sub-Saharan Africa.

INCC64
ANALYSIS OF CONSUMPTION EXPENDITURE PATTERNS IN INDIA
(Staff Paper No. 72-27)
by B.M. Desai
Cornell University (3), 1972
34 p. : single copy free : (P)

A study examining consumption differences between income groups in India.

INCC65
CAN A HUNGRY WORLD BE FED?
(IAD Bulletin 8)
by Kenneth L. Turk
Cornell University (5), 1964
23 p. : single copy free : (P)

Outlines the problems and the various measures being taken in an attempt to feed the rapidly expanding population of the world.

INCC66
FOOD IN THE ECONOMY OF CEYLON
(IAD Bulletin 11)
by T. Jogaratnam and T. T. Poleman
Cornell University (5), 1969
48 p. : single copy free : (P)

An evaluation of the forces determining demand and supply of the food supply in Ceylon.

IN0067
THE FOOD BALANCE SHEET AS A PARAMETER OF TROPICAL FOOD ECONOMIES: THE CASE OF MAURITIUS
(IAD Bulletin 29)
by E. B. Simmons and T. T. Poleman
Cornell University (5), 1974
77 p. : single copy free : (P)

Primary focus is on the strengths and weaknesses of the food balance sheet as an indicator of national nutritional status in low-income, tropical countries.

INCC68
CIMMYT AND THE INTERNATIONAL MAIZE RESEARCH/PRODUCTION PROGRAMS
(IAD Mimeo 47)
by M'Guetta Bosso
Cornell University (5), 1975
21 p. : single copy free : (P)

Describes the integration of three functions - core research, companion research and scientific manpower development, and outreach activities - of the Cimmyt maize program.

IN0069
TOWARDS A FOOD POLICY FOR LATIN AMERICA'S URBAN AREAS: LIMA AS A CASE STUDY
(IAD Mimeo 50)
by Marco A. Ferroni
Cornell University (5), 1976
89 p. : single copy free : (P)

Discusses urbanization and nutrition, income distribution, effect of income on food habits, and food policy alternatives for Latin America.

IN0070
LONG-TERM CONSEQUENCES OF TECHNOLOGICAL CHANGE ON FOOD SECURITY: THE CASE FOR CEREAL GRAIN
(IAM Mimeo 72)
by R. Barker, E. C. Gabler, and D. Winkelmann
Cornell University (5), 1979
26 p. : single copy free : (P)

Prospects for increasing food grain production are outlined, including: water control, agronomic practices, plant breeding, climatic change over time, and technology.

IN0071
WORLD MARKETING TRENDS AND PROSPECTS FOR COCOA
(IAD Mimeo 73)
by Aja Okorie and David Blandford
Cornell University (5), 1979
62 p. : single copy free : (P)

The structure and trends in the world cocoa market are described. Demand, market influence, and production are outlined.

IN0072
CORNELL WORKSHOP ON AGRICULTURAL AND RURAL DEVELOPMENT IN THE PEOPLE'S REPUBLIC OF CHINA
(IAD Mimeo 74)
edited by R. Barker and R. Sinha
Cornell University (5), 1979
58 p. : single copy free : (P)

Summary report of the proceedings of each session of the three-day workshop on May 17-19, 1979. Includes a copy of the program, a list of participants, and papers prepared by participants,.

IN0073
POST-HARVEST FOOD LOSSES - THE NEGLECTED DIMENSION IN INCREASING THE WORLD FOOD SUPPLY
(IAD Mimeo 53)
by Malcolm C. Bourne
Cornell University (5), 1977
49 p. : single copy free : (P)

Outlines the nature of the problem of post-harvest food losses, discusses causes of loss, the extent of losses, and where losses occur. Identifies and briefly describes the most promising techniques for preserving food.

IN0074
DEVELOPMENT OF LOW COST SUPPLEMENTAL FOODS FROM SOYBEANS
(IAD Mimeo 13)
by David B. Hand
Cornell University (5), 1965
19 p. : single copy free : (P)

Summarizes the findings and recommendations resulting from research studies initiated in 1960 with the objective of developing soy products of high nutritional value for infant and child feeding.

IN0075
COOPERATION IN AGRICULTURAL ASSISTANCE: AN ELUSIVE GOAL IN INDONESIA
(ID-80-29)
US General Accounting Office, 1980
50 p. : single copy free : (P)

A case study assessing the nature and extent of foreign donor and recipient government cooperation in the agricultural development of a food deficit country.

IN0076
THE PROFITABILITY OF SMALL FARMS IN BOLIVIA
(IAD Mimeo 37)
by Nelso L. Wessel
Cornell University (5), 1972
57 p. : single copy free : (P)

Compares the economic success of the colonists in sponsored colonies with those in spontaneous colonies, the Lowland colonies, and with peasant farmers on the Highlands.

IN0077
FOOD PRODUCTION PROBLEMS OF SMALL FARMERS IN LOW TECHNOLOGY NATIONS: SOME EVIDENCE FROM NIGERIA
(IAD Mimeo 79)
by Njoku E. Awa
Cornell University (5), 1980
16 p. : single copy free : (P)

Summarizes some of the findings of a research project conducted in Nigeria between 1974 and 1976.

IN0078
WHEN DID WE SEE YOU HUNGRY - TEN DAYS FOR WORLD DEVELOPMENT/1978 LEADER'S KIT
Inter-Church Committee for World Development Education, 1978
1v. (various paging) : single copy free : (P)

Aims at mobilizing public opinion favorable to bringing about changes in Canadian public policy with regard to human growth, particularly in the developing countries.

IN0079
LAND, PEOPLE AND POWER - THE QUESTION OF THIRD - WORLD LAND REFORM
Oxfam - Canada, 1977
60 p. : $3.00 : (GP)

Examines the patterns of land tenure and how they developed, what land reform is and what its objectives are, the problems of implementation, and the different varieties of land reform schemes.

IN0080
HEALTH - SECTOR POLICY PAPER
The World Bank, 1975
83 p. : single copy free : (P)

Specifically addresses health issues. Explains the health situation in developing countries and examines the impact of poverty on ill-health and economic development. Also analyzes the trends in health policy in member countries.

IN0081
ECOS, RURAL HOUSEHOLDS, TECHNICAL CHANGE AND INCOME DISTRIBUTION IN DEVELOPING COUNTRIES: INSIGHTS FOR ASIA
(A.E. Res. 79-13)
by D. G. Sisler and D. R. Colmar
Cornell University (3), 1979
[308] p. : single copy free : (P)

Assesses how the adoption of improved agricultural technology has influenced production and income distribution on small Asian farms.

IN0082
WORLD BANK ATLAS - POPULATION, PER CAPITA PRODUCT AND GROWTH RATE
The World Bank, 1977
22 p. : single copy free : (GP)

Includes a total of 185 countries and territories. Contains estimates of population, gross national product, and per capita GNP in current US dollars for 1975 and previous years.

IN0083
CANADA AND WFP (WORLD FOOD PROGRAMME)
(Publication 1520)
Agriculture Canada (1), 1973
56 p. : single copy free : (GP)

Briefly outlines the objectives of the WFP, its operations and accomplishments, and Canada's role in the organization.

IN0084
CANADA AND THE FAO (FOOD AND AGRICULTURE ORGANIZATION)
(Publication 1453)
Agriculture Canada (1), 1971
103 p. : single copy free : (GP)

Short history of the first 25 years of the Food and Agriculture Organization of the United Nations.

IN0085
THE ECONOMIC THEORY OF THE HOUSEHOLD AND IMPACT MEASUREMENT OF NUTRITION AND RELATED HEALTH PROGRAMS
(Staff Working Paper No. 302)
by D. Chernichovsky
The World Bank, 1978
44 p. : single copy free : (P)

Surveys an economist's approach to concepts of nutrition and related health programs.

IN0086
THE ECONOMIC DIMENSIONS OF MALNUTRITION IN YOUNG CHILDREN
(Staff Working Paper No. 294)
by M. Selowsky
The World Bank, 1978
76 p. : single copy free : (P)

Compares specific food programs with the objective of increasing calorie consumption in children. Programs are classified according to effectiveness.

IN0087
THE NUTRITIONAL AND ECONOMIC IMPLICATIONS OF ASCARIS INFECTION IN KENYA
(Staff Working Paper No. 271)
by L. Latham,, M. Latham, and S. S. Eustar
The World Bank, 1977
86 p. : single copy free : (P)

Determines the effect of ascaris (roundworm) infection from a nutritional and economic viewpoint.

IN0088
TEN DAYS FOR WORLD DEVELOPMENT
Inter-Church Committee for World Development Education, 1979
10 p. : free : (GP)

Goal is to bring about changes in Canadian public policy which will broaden the opportunities for human growth, especially for people in developing countries.

IN0089
NUTRITION AND UNDERDEVELOPMENT
Oxfam - Canada, [1978?]
69 p. : $2.50 : (GP)

Covers the technical data of malnutrition, concentrating on the context in which hunger, malnutrition and protein deficiency diseases exist.

IN0090
NUTRITION EDUCATION RESEARCH PROJECT: REPORT OF PHASE 1
US Agency for International Development (1), 1970
127 p. : single copy free : (P)

Concerned with the evaluation of the effectiveness of nutrition education in improving food habits and nutrition in overseas programs.

IN0091
APPLICATION OF A FIELD GUIDE FOR EVALUATION OF NUTRITION EDUCATION IN THREE PROGRAMS IN BRAZIL
US Agency for International Development (1), 1976
69 p. : single copy free : (P)

Describes the results of applying the evaluation techniques of the "Field Guide for Evaluation of Nutrition Education" to the three Brazil programs.

IN0092
AGENCY FOR INTERNATIONAL DEVELOPMENT'S WORK IN NUTRITION
US Agency for International Development (1), [1979?]
[8] p. : free : (GP)

Outlines the aim of the AID program and how it can and does attempt to improve the quality of life and the nutrition of the world's poorest people.

IN0093
PROJECT PROFILES: CASE STUDIES OF COMMUNICATIONS IN HEALTH AND NUTRITION
Clearinghouse on Development Communication, [1980?]
[34] p. : single copy free : (P)

A series of nutrition and health media projects in developing countries are described.

IN0094
FUTURE OF HUNDREDS OF THOUSANDS OF BABIES
Nestle Enterprises Ltd., [1979?]
24 p. : single copy free : (GP)

Shows the reader how the Nestle company sees its role in infant feeding, and the problems that are encountered in carrying out its activites in developing countries.

IN0095
FOOD SECURITY AND FOOD POLICY IN A WORLD OF UNCERTAINTY
by J. M. Underwood
The Rockefeller Foundation, 1979
62 p. : single copy free : (GP)

A survey of some issues and proposed solutions associated with food security and food policy in a world of uncertainty.

IN0096
A STATEMENT FROM NESTLE ON THE MARKETING OF INFANT FORMULA IN THIRD WORLD COUNTRIES
Nestle Enterprises, Ltd., 1979
5 p. : single copy free : (GP)

Discusses whether Nestle believes that the advertising and marketing of infant formula have discouraged breast feeding among Third World mothers.

IN0097
WHO IS IGNORANT?: RE-THINKING FOOD AND NUTRITION EDUCATION UNDER CHANGING SOCIO-ECONOMIC CONDITIONS
University of Oslo, [1979?]
15 p. : single copy free : (P)

Emphasizes the need for a rethinking of the role of the nutrition educator and others working with nutrition problems in research, planning, and education.

IN0098
FOOD AID - FACT SHEET ON CIDA'S INVLOVEMENT
Canadian International Development Agency, 1978
[3] p. ; free : (GP)

Briefly outlines the different food aid programs established by CIDA.

IN0099
THE NESTLE CONTROVERSY - ANATOMY OF A BOYCOTT
by J. A. Sparks
Public Policy Education Fund, Inc. : Nestle Enterprises Ltd. [distributor],]197-?]
[8] p. : single copy free : (GP)

Outlines the birth of the controversy over the Nestle infant formula advertising campaigns and the many issues which have arisen from it.

IN0100
STATEMENT FOR M. E. HANSEN, PRESIDENT NESTLE (CANADA) LTD.
Nestle Enterprises Ltd., 1979
2 p. : single copy free : (GP)

Reviews a statement by M. E. Hansen, announcing support of a recommended ban of all formula sales promotion in developing countries.

IN0101
ENERGY REQUIREMENTS OF THIRD WORLD INFANTS AND THE NEED TO SUPPLEMENT BREAST MILK
Nestle Enterprises Ltd., 1979
4 p. : single copy free : (GP)

Reviews the major causes of infant mortality in developing countries and suggests the actual energy requirements of these infants.

IN0102
THE INFANT FORMULA CONTROVERSY: A NESTLE VIEW
Nestle Enterprises Ltd., [1979?]
15 p. : single copy free : (P)

Outlines the scope of the infant nutrition problem, and the approach to the issue proposed by Senator Kennedy and accepted by the World Health Organization.

IN0103
NESTLE AND INFANT FORMULA: FACTS AND FALLACIES
Nestle Enterprises Ltd., 1979
15 p. : single copy free : (P)

A document compiled from various sources in an effort to present an objective statement of the controversy centered on distribution of infant formula in the Third World.

IN0104
THE CASE AGAINST NESTLE
by M. C. Latham
Infant Formula Action Coalition, [1978?]
[4] p. : single copy free : (GP)

A statement made by a physician-nutritionist outlining why he is against the promotion of Nestle's infant formulas in developing countries.

IN0105
BOTTLE BABIES
Infant Formula Action Coalition, [1978?]
[2] p. : single copy free : (GP)

Discusses the multinational milk product corporations and their infant formula promotion in poor countries.

IN0106
A SUMMARY OF THE INFANT FORMULA CONTROVERSY
Infant Formula Action Coalition, [1978?]
2 p. : single copy free : (GP)

Discusses the bottle-baby syndrome (commerciogenic malnutrtion) and reviews some highlights of the infant formula controversy since 1976.

IN0107
NUTRITION AND NUMBERS IN THE THIRD WORLD
by J. G. Harrer
The Nutrition Foundation, 1974
[7] p. : single copy free : (P)

Discusses the need, due to the present food crisis, for the world to reorder its priorities and decide how utilization of our human and natural resources can best be applied for benefit of society.

IN0108
A DECADE OF PRACTICAL WORK BY THE NESTLE FOUNDATION IN THE IVORY COAST 1969-1979
Nestle Enterprises Ltd., [1980?]
12 p. : single copy free : (GP)

Gives an account of what has been accomplished by the foundation established by Nestle for the purpose of studying the problems of nutrition in the world.

IN0109
CHILDREN: LES ENFANTS LOS NINOS
Food and Agriculture Organization of the United Nations, [1979?]
ca. 30 p. : single copy free : (GP)

Pictorially presents the various ways through which WFP aid reaches children in developing countries.

IN0110
WORLD BANK, 1979 ANNUAL REPORT
The World Bank, 1979
201 p. : single copy free : (P)

Discusses and presents figures for trends in economic growth rates in various developing countries.

IN0111
WFP IN ACTION IN NORTH AFRICA AND THE NEAR EAST
Food and Agriculture Organization of the United Nations, [1978?]
35 p. : single copy free : (GE)

Illustrates how food aid has helped many countries in North Africa and the Near East.

IN0112
TEN YEARS OF WORLD FOOD PROGRAMME DEVELOPMENT AID, 1963-1972
Food and Agriculture Organization of the United Nations, 1973
72 p. : single copy free : (P)

Summarizes what has been accomplished over the decade and what can and needs to be done in the future.

IN0113
FOOD AID AND THE ROLE OF WOMEN IN DEVELOPMENT
Food and Agriculture Organization of the United Nations
43 p. : single copy free : (GP)

Gives some examples of practical ways in which food aid combined with other forms of assistance has already been used to speed the integration of women into national economies.

IN0114
WOMEN IN FOOD-FOR-WORK - THE BANGLADESH EXPERIENCE
Food and Agriculture Organization of the United Nations, 1979
34 p. : single copy free : (GE)

Explains many of the unknowns about the kind of women who need work and the kind of work they are able to do. Serves as a useful example to other countries trying to involve women in development activities.

IN0115
EMPLOYMENT THROUGH FOOD AID
Food and Agriculture Organization of the United Nations, 1978
39 p. : single copy free : (GP)

Booklet points out that food aid programs can be a major factor in solving unemployment, the most basic hindrance to development.

IN0116
WORLD FOOD PROGRAMME IN LESOTHO - LETTERS TO UNKNOWN FRIENDS
Food and Agriculture Organization of the United Nations, [1980?]
ca 30 p. : single copy free : (P)

Shows how children see the ways in which food aid helps them.

IN0117
WORLD FOOD PROGRAMME IN EGYPT - BREAD AND STONES - THE SALVAGE OF THE PHILAE MONUMENTS
Food and Agriculture Organization of the United Nations, [1979?]
ca 20 p. : single copy free : (P)

Illustrates a joint international effort to save one of Egypt's famous archaeological sites, the Philae monument, threatened by the flood-waters created by the Aswan High Dam. Emphasizes the substantial contribution made by multinational food aid.

IN0118
WORLD FOOD PROGRAMME IN SRI LANKA - WEDDING AT SARASWATHIE
Food and Agriculture Organization of the United Nations, [1978?]
ca. 25 p. : single copy free : (P)

Tells a story of self-help in one of the poorest countries hardest hit by recent rise in world prices. Shows how a community of young people working together managed to increase the variety and yield of crops on their cooperative farm.

IN0119
WORLD FOOD PROGRAMME IN INDIA - THE WHITE REVOLUTION
Food and Agriculture Organization of the United Nations, [1979?]
ca 25 p. : single copy free : (P)

Tells a story of development through cooperation. Shows how India has modernized the dairy industry.

IN0120
THE WORLD FOOD CRISIS - THREE UNITS OF STUDY FOR CHILDREN GRADES 5-8
by Margie Swartzendruber
Mennonite Central Committee, 1975
30 p. : single copy free : (P)

Summary of the information on hunger that was used for teaching fifth to eighth grade children about the world food crisis.

IN0121
CANADA'S ROLE IN FEEDING THE PEOPLE OF THE WORLD.
Club of Guelph : Science Council of Canada [distributor], 1977
73 p. : single copy free : (P)

Discusses Canada's position in the production of food for the rapidly increasing world population, the opportunities before us, and the need for the support of the Canadian people.

IN0122
MANUAL ON FEEDING INFANTS AND YOUNG CHILDREN
by E. Cameron and Y. Hofander
United Nations, [1977?]
184 p. : single copy free : (P)

Gives comprehensive information related to homemade weaning foods as well as providing information concerning the normal growth of the child. Also includes information on the nutritional needs of the infants.

IN0123
THE FOOD INDUSTRY IN ASIA - ITS POTENTIAL FOR PROVIDING LOW-COST NUTRITIOUS FOODS
League for International Food Education, 1977
8 p. : single copy free : (P)

Excerpts from the summary report of the Singapore workshop which was convened to provide a forum where the Asian private food industry could discuss the potential of the food industry for providing low-cost nutritious foods.

IN0124
THE INTERACTION OF NUTRITION AND INFECTION IN CHILDHOOD
League for International Food Education, 1978
14 p. : single copy free : (P)

Discusses the synergistic effect of malnutrition and infection, as well as the necessary feeding or medical care for health. Also, discusses the Nutribun and the various food developments aimed at solving the problem.

IN0125
BIGE NUTRTION - LOW COST FOODS: THEIR IMPACT IN DEVELOPING COUNTRIES
by A. L. Elder and S. M. Weisberg
League for International Food Education, [1970?]
8 p. : single copy free : (P)

Reports some interim findings of attempts to market high-nutrition, low-cost foods in the developing countries.

IN0126
SMALL SCALE INTENSIVE FOOD PRODUCTION
League for International Food Education, 1976
[114] p. : single copy free : (P)

A summary of a three-day workshop which attempted to identify ways of improving the nutritional status of the "poorest majority" through increased linkages between the less developed countries and private voluntary organizations.

IN0127
MEETING POOR PACKAGING NEEDS IN DEVELOPING COUNTRIES
League for International Food Education, 1970
46 p. : single copy free : (P)

Report on a workshop dealing with meeting food packaging needs in developing countries. Includes recommendations from each of four panels who addressed four different topics related to food packaging.

IN0128
FOOD, AGRICULTURE AND NUTRITION ISSUES FOR PLANNING
(CED-80-94)
US General Accounting Office, 1980
70 p. : single copy free : (P)

Examines the current and emerging issues relating to Federal involvement in food, agriculture and nutrition policy.

NUTRITION IN THE LIFE CYCLE (NW)

NW0001
FOODS FOR THE MOTHER-TO-BE
by M. T. Goodwin
Montgomery County Department of Health, [1960?]
20 p. : single copy free : (GP)

Discusses the importance of nutritious food before and during pregnancy. Outlines each food group, foods to avoid, nutrient supplementation, low-salt diet, weight gain, nausea and vomiting, teenage pregnancy, and preparing for the baby.

NW0002
WHEN THE BABY'S LIFE IS SO MUCH YOUR OWN (FDA 73-1057)
by M. Morrison
US DHEW (2), 1979
[4] p. : free : (GP)

Provides information regarding what the mother-to-be should know in order to give the child the right start in life.

NW0003
INFANT NUTRITION: GUIDE TO THE INTRODUCTION OF SOLIDS
British Columbia Ministry of Health, [1979?]
[4] p. : 3/$0.25 : (GP)

Discusses appropriate age at which to introduce solid foods and the foods which should be offered.

NW0004
INFANT NUTRITION: SAMPLE MENU PLAN 4-5 MONTHS
British Columbia Ministry of Health, [1979?]
[4] p. : 3/$0.25 : (GP)

Discusses appropriate food for an infant from birth to three months, from three to four months, and from four to five months of age.

NW0005
INFANT NUTRITION: SAMPLE MENU PLAN 6-12 MONTHS
British Columbia Ministry of Health, [1979?]
[4] p. : 3/$0.25 : (GP)

Discusses food to be introduced at six, eight, eleven, and twelve months.

NW0006
NEW GUIDELINES: INFANT NUTRITION
Wyeth Ltd., [1978?]
ca. 30 p. : single copy free : (P)

Provides information on breast and formula feeding. A chart showing the nutrient composition of human breast milk and various formulas is included.

NW0007
NUTRITIONAL NEEDS OF THE SCHOOL AGE CHILD: ELEMENTARY EATING
Manitoba Department of Health and Community Services, 1975
[8] p. : single copy free : (GP)

A parents guide to help children make sound decisions related to nutrition.

NW0008
FOOD FOR LITTLE PEOPLE
Manitoba Department of Health and Community Services, 1980
32 p. : single copy free : (GP)

A guide for parents of preschoolers. Discusses how to direct children in selecting nutritious foods.

NW0009
FUEL FOR THE GROWTH SPURT
Manitoba Department of Health and Community Services, 1976
16 p. : single copy free : (S)

An eating guide for teenagers. Discusses the right kinds and amounts of foods to help the body grow strong and healthy.

NW001C
FOOD FOR HEALTH FOR THE OLDER ADULT - TEN TOPICS ON NUTRITION AND AGING
Florida Department of Health and Rehabilitative Services, 1973
83 p. : single copy free : (GP)

Aimed at assisting the older adult in understanding nutritional needs and how they can be met. Topics discussed include; food purchasing, budgeting, and community resources.

NW0011
FOOD WHILE YOU'RE PREGNANT: IMPORTANT TO YOU AND YOUR BABY
(H-731)
Michigan Department of Public Health, [1978?]
16 p. : single copy free : (GP)

Discusses many aspects of pregnancy including growth, nutrition, and food remedies to relieve discomforts. Breast feeding and weight changes during the postnatal period are also discussed.

NW0012
BREAST FEEDING
(HSA 79-5109)
US DHEW (17), 1979
22 p. : single copy free : (GP)

Discusses many aspects of breast feeding including pre-natal preparation, initiation, and weaning. Includes a daily food guide and nutrition information for the nursing mother.

NW0013
I AM WHAT YOU FEED ME...
Wyeth Ltd., [1978?]
20 p. : single copy free : (GP)

Discusses infant nutrition as it relates to future development and rapid growth rate.

NW0014
HELPFUL GUIDELINES TO NUTRITIOUS MEALS FOR SENIOR CITIZENS
Dominion Stores Ltd. [1978?]
12 p. : free : (GP)

Designed to increase the senior's awareness of how to keep fit and eat well-balanced meals. Contains suggested meal plans, recommended meal habits for those living alone, shopping tips, and easy-to-prepare meal suggestions for one or two persons.

NW0015
TRENDS IN BREAST FEEDING
(DHS 80-1250)
US DHEW (22), 1980
7 p. : single copy free : (P)

Examines the downward trend in breast feeding which began in the 1950's and was reversed in the early 1970's.

NW0016
DEAR MOM AND DAD
Dominion Stores Ltd., 1979
[4] p. : free : (GP)

Format consists of a letter written by a child to his parents telling them about breakfast ideas and nutritious snacks.

NW0017
STAY HEALTHY FOR ALL OF YOUR LIFE
Manitoba Department of Health and Community Services, 1980
38 p. : single copy free : (GP)

A book written for the older person. Canada's Food Guide, special diet problems, food purchasing, meal planning,and cooking for one or two are discussed.

NW0018
GOOD NUTRITION THE BEST START IN LIFE
Ross Laboratories (3), 1979
[25] p. : single copy free : (GP)

Designed to help mothers choose the proper foods for their infants. Includes sample menus for infants five, eight, ten, and eleven to twelve months of age.

NW0019
BREAST FEEDING YOUR BABY
Ross Laboratories (3), 1979
15 p. : single copy free : (GP)

Discusses various aspects of breast feeding such as care of the breasts, technique of feeding, diet of the nursing mother, lifestyle while nursing, and weaning.

NW0020
APPETITE ANNIE'S ACTION PACKED FUN FILLED GUIDE TO A HEALTHY PREGNANCY
Ralston Purina Company, 1977
27 p. : free : (GP)

An animated cartoon discussing nutrition during pregnancy. Includes discussion on the food groups and snacking foods.

NW0021
NUTRI NOTES - WHAT TO EAT DURING YOUR SECOND FIFTY YEARS
New Hampshire Department of Health and Welfare, [1977?]
[6] p. : single copy free : (GP)

Outlines the importance of a nutritionally adequate diet for good health. Discusses the food groups and nutrients.

NW0022
THIS SIDE OF YEAR ONE... FROM MILK TO MEALS
Ontario Ministry of Health, [1980?]
[8] p. : free : (GP)

Discusses proper nutrition for infants. Includes a chart showing the ages at which certain solid foods can be added to the infant's diet.

NW0023
BABY'S NURSING HABITS
Alberta Social Services and Community Health, [1978?]
[6] p. : single copy free : (GP)

Question and answer format which outlines bottle nipples, pacifiers, and nursing bottle syndrome.

NW0024
EXPECTING A BABY? DENTAL CARE FOR YOU DURING PREGNANCY
Alberta Social Services and Community Health, [1978?]
[6] p. : single copy free : (GP)

Question and answer format discussing dental care during pregnancy.

NW0025
EXPECTING?... FOODS FOR MOTHERS-TO-BE
Dairy Bureau of Canada, 1977
6 p. : $0.07 : (GP)

Stresses the importance of healthful eating during pregnancy. Calcium equivalents included.

NWCC26
NUTRITION FOR HEALTHY MOTHERS AND BABIES
(No. 1112-20)
Alberta Agriculture, 1975
[8] p. : single copy free : (GP)

Briefly reviews nutrient requirements, calories, Canada's Food Guide, and why particular vitamins and minerals are essential to good health.

NW0027
PREPARING BABY'S FOODS
Alberta Social Services and Community Health, [1979?]
[6] p. : single copy free : (GP)

Lists suitable foods to use for blending. Includes methods for straining and storing baby foods.

NWCC28
BABY'S FIRST TOOTH
Alberta Social Services and Community Health, [1978?]
[6] p. : single copy free : (GP)

Questions and answers regarding the appearance and importance of the first tooth, brushing and cleaning procedures, and diet for healthy teeth. Outlines briefly the best age for the first visit to the dentist.

NWCC29
FOOD, PREGNANCY AND FAMILY HEALTH
American College of Obstetritians and Gynecologists, 1978
10 p. : sample copy free : (GP)

Provides specific reasons for eating well during pregnancy. Includes information on how to make changes in food habits.

NWCC30
FEEDING GUIDE: A NUTRITIONAL GUIDE FOR THE MATURING INFANT
Mead Johnson Canada, [1979?]
40 p. : single copy free : (P)

Describes the anatomical, physiological, neuromuscular, and psychosocial developments that relate to feeding.

NWCC31
BABY FOOD: THE "ARTIFICIAL" VERSUS NATURAL HOAX
by E. M. Whelan
Heinz U.S.A., [1979?]
[6] p. : single copy free : (GP)

Suggests three rules of good nutrition, a balanced diet, a variety of foods, and moderation in serving sizes.

NW0032
BAKING BABY FOODS AT HOME
Alberta Agriculture, [1975?]
[6] p. : single copy free : (GP)

Discusses preparation and storage of baby foods. Includes recipes.

NW0033
BEFORE 1978 - ORAL CONTRACEPTIVES
Health and Welfare Canada (7), 1978
15 p. : single copy free : (P)

A brief discussion of some of the current problems associated with the use of oral contraceptives.

NWCC34
SITTING SAFELY
Gerber (Canada) Inc., 197?
[6] p. : free : (GP)

Discusses the responsibilities of baby sitters, characteristics of a successful sitter, infant nutrition, feeding suggestions, safety tips, and play activities.

NW0035
INFORMATION STATEMENT: PCB'S IN BREAST MILK
British Columbia Ministry of Health, 1979
[2] p. : $0.10 : (P)

A report discussing the effects of polychlorinated biphenyls (PCB's) and polybromylated biphenyls (PBB's) on breast milk.

NW0036
NUTRITION FOR CHILDREN 6 - DAYCARE FOR CHILDREN IN BRITISH COLUMBIA
British Columbia Ministry of Health, [1978?]
8 p. 1: $0.10 : (P)

Includes a daily food guide for preschool children, menu planning guidelines, one week's menu plan, and recipes for 24 servings.

NW0037
BREAST FEEDING: WHAT IS LEFT BESIDES THE POETRY?
Canadian Paediatric Society, 1979
8 p. : single copy free : (P)

Studies the reasons why many mothers use artificial feeding. Proposes ways of increasing the popularity of breast feeding.

NWOO38
STUDIES IN MATERNAL HEALTH
(ESA 75-5132)
US DHEW (17), 1975
37 p. : single copy free : (P)

Report of a research project concerned with improving the operation, functioning, and effectiveness of maternal and child health programs.

NWOO39
PRENATAL NUTRITION
Alberta Social Services and Community Health, [1978?]
[6] p. : single copy free : (GP)

Gives guidance on choosing foods wisely during pregnancy to ensure normal weight gain and well-being of the mother, and proper growth and development of the fetus.

NWOO40
MALNUTRITION AND INFECTION DURING PREGNANCY: DETERMINANTS OF GROWTH AND DEVELOPMENT OF THE CHILD
US Agency for International Development : National Academy of Sciences (2)
[distributor], [197-?]
[75] p. : single copy free : (P)

Report of a workshop on nutrition and infection as it relates to the development of the human organism during intrauterine and extrauterine life.

NWOO41
BREAST FEEDING: GETTING OFF TO A GOOD START
Montgomery County Department of Health, 1978
16 p. : single copy free : (GP)

Discusses the technique for breast feeding as well as some of the problems that may be encountered. Outlines dietary needs and gives suggestions for meals.

NWOO42
BREAST FEEDING: NATURE'S WAY TO FEED YOUR BABY
Montgomery County Department of Health, 1977
[6] p. : single copy free : (GP)

Outlines the benefits of breast feeding for the baby and the mother.

NWOO43
THE FEEDING OF THE VERY YOUNG: AN APPROACH TO DETERMINATION OF POLICIES
The Nutrition Foundation, 1978
11 p. : single copy free : (P)

A report concerned with the feeding of infants and young children in industrialized and non-industrialized societies. Examines current practices and problems and identifies areas of needed research.

NWOO44
PASSION FOOD ISN'T ENOUGH
University of Toronto, [1977?]
[6] p. : $0.32 : (GP)

Answers questions commonly asked regarding nutrition and family planning practices.

NWOO45
NUTRITION, THE PILL AND YOU
University of Toronto, [1976?]
[6] p. : $0.25 : (GP)

Gives suggestions for dietary enrichment of vitamin B6, folate, and vitamin B12 for women who use oral contraceptives.

NWOO46
PATTERNS OF DISEASE AMONG THE AGED
(NIH 79-1407)
by E. M. Gruenberg
US DHEW (10), 1979
[10] p. : free : (P)

Discusses disease and disability as they relate to the aging process.

NWOO47
THOUGHTS ON GERIATRIC MEDICINE
(NIH 79-1406)
by R. N. Butler
US DHEW (10), 1979
[7] p. : free : (P)

Discusses the need for increased clinical investigation in geriatric medicine.

NWOO48
DRUGS AND THE ELDERLY
(NIH 79-1449)
by B. E. Vestal
US DHEW (10), 1979
10 p. : free : (P)

Discusses changes in physiology during aging and how it affects drug response.

NWOO49
LITTLE BABIES: BORN TOO SOON: BORN TOO SMALL
(NIH 77-1079)
US DHEW (12), 1977
[14] p. : single copy free : (GP)

Describes low birth weight and suggests ways in which a mother can take precautions against it occurring in her own child.

NW0050
BE THE BEST
Weight Watchers International, Inc., 1978
15 p. : free : (S)

Answers questions on nutrition most frequently asked by adolescents.

NW0051
FOODS FOR GROWING BOYS AND GIRLS
Kellogg Salada Canada, Ltd., [1980?]
[6] p. : free : (GP)

Lists foods and the amounts that are required for various age levels. Reviews good sources of protein and normal growth patterns.

NW0052
CUE TO GROW ON: INFANT FEEDING GUIDE FOR PARENTS
Manitoba Department of Health and Community Services, 1979
38 p. : single copy free : (GP)

An infant feeding guide for parents. Covers bottle and breast feedings, introducing solid foods, and meal planning.

NW0053
BABY BUILDING FOODS
Manitoba Department of Health and Community Services, 1978
20 p. : single copy free : (GP)

Discusses food and nutrient requirements during pregnancy. Also covers Canada's Food Guide, meal patterns, weight gain, and breast feeding.

NW0054
YEAR 1 - FOOD FOR BABY: A GUIDE FOR PARENTS
Nova Scotia Department of Health, 1979
35 p. : single copy free : (GP)

An infant feeding guide for parents. Covers breast and bottle feeding and introducing solids.

NW0055
YEAR 1 - FOOD FOR BABY: PROFESSIONAL GUIDE
Nova Scotia Department of Health, [1979?]
27 p. : single copy free : (P)

Discusses current concerns in infant nutrition and includes recommendations.

NW0056
BOTTLE FEEDING YOUR BABY
New Brunswick Department of Health, [1978?]
[8] p. : single copy free : (GP)

Discusses preparation of formula, feeding schedules and amounts, the introduction of solid foods, and trying new foods.

NW0057
BLENDER FOODS FOR BABY
New Brunswick Department of Health, [1979?]
[8] p. : single copy free : (GP)

Provides information on the preparation of baby foods.

NW0058
FACTS YOU SHOULD KNOW ABOUT BREAST FEEDING YOUR BABY
New Brunswick Department of Health, [1979?]
[8] p. : single copy free : (GP)

Discusses the benefits of breast feeding, infant nutrient requirements, and the lactating mother's diet.

NW0059
INFANT NUTRITION - 15 POINTS TO REMEMBER
New Brunswick Department of Health, [1979?]
[8] p. : single copy free : (GP)

Briefly outlines fifteen points pertinent to infant feeding.

NW0060
FLYING HIGH FOR FOOD - NUTRITION FOR YOUNGSTERS 2-5 YEARS
Nova Scotia Department of Health, 1979
[8] p. : single copy free : (GP)

A guide for parents to help children form healthy food habits and attitudes.

NW0061
EGGS FOR YOUR BABY
Alberta Egg and Fowl Marketing Board, [1979?]
[6] p. : single copy free : (GP)

Discusses the age at which eggs can be introduced and their nutrient value. Includes recipes and serving suggestions.

NW0062
MEDICINE AND AGING
(NIH 79-1699)
US DHEW (10), 1979
[5] p. : free : (P)

Discusses the reasons for introducing the teaching of geriatric medicine, implementing service delivery for the aged, and encouraging research on aging in medical schools.

NW0063
NUTRITION AND AGING
(NIH 80-325)
US DHEW (10), 1979
17 p. : free : (P)

Discusses the various activities undertaken by the National Institute on Aging for research on role of nutrition in maintaining the health of older people.

NW0064
NUTRITION AND AGING
(NIH 79-1409)
by C. H. Burrows and E. D. Schlenker
US DHEW (10)
[16] p. : free : (P)

Divides the relationship between nutrition and aging into two general areas; the effect of nutrition restriction on life span, as seen in animals, and the effect of nutrition status on life span, as seen in human populations.

NW0065
FOOD - WHAT FOR?
by G. G. Harrison and R. N. Klippstein
Cornell University (2), 1968
36 p. : $0.50 : (P)

A work book designed for teachers and leaders who work with adolescents. Provides the teenager with sufficient knowledge to make sound nutritional decisions when choosing food.

NW0066
A BOY AND HIS PHYSIQUE
by W. H. Gregg
Dairy Bureau of Canada, 1976
27 p. : $0.70 : (S)

Presents information that will help the boy understand what is involved in developing his physique.

NW0067
A GIRL AND HER FIGURE
by B. M. Leverton
Dairy Bureau of Canada, 1976
24 p. : $0.70 : (S)

Intended to help the teenage girl understand the growth process and the importance of establishing good eating habits.

NW0068
FOOD FOR YOUNG EXPECTANT MOTHERS
Allegheny County Health Department (1), [1979?]
[4] p. : single copy free : (GP)

Points out the necessity of a well-balanced and adequate diet for a pregnant teenager. Lists foods that should be eaten daily as well as those to avoid.

NW0069
FOOD FOR NEW MOTHERS
Allegheny County Health Department (1), [1977?]
[4] p. : single copy free : (GP)

Reviews the importance of good nutrition for the new mother. Outlines the foods necessary each day. Lists iron-rich foods and foods to avoid.

NW0070
FOOD FOR EXPECTANT MOTHERS
Allegheny County Health Department (1), [1976?]
[4] p. : single copy free : (GP)

Discusses the importance of the mother's nutrition to the birth of a healthy baby. Outlines foods which should be eaten daily.

NW0071
FOOD FOR NURSING MOTHERS
Allegheny County Health Department (1), [1980?]
[4] p. : single copy free : (GP)

Reviews the importance of the mother's nutrition, outlining the foods which should be eaten every day. Includes a suggested meal plan, a list of foods to avoid, and a list of fruits and vegetables rich in vitamin A.

NW0072
DIETARY EVALUATION FOR PREGNANT WOMEN
Allegheny County Health Department (2), [1980?]
[3] p. : single copy free : (P)

A one day food evaluation divided into the four food groups of the American Food Guide. One checks the servings consumed for the particular day. Includes instructions for using the one day food evaluation for prenatal patients.

NWCC73
HELP FOR MORNING SICKNESS
Allegheny County Health Department (1), [1977?]
[4] p. : single copy free : (GP)

Defines morning sickness and offers suggestions.

NWCC74
CHOOSING BABY'S FIRST FOOD: BREAST MILK
Allegheny County Health Department (1), [1979?]
[4] p. : single copy free : (GP)

Outlines and briefly discusses the benefits of breastfeeding for both the baby and the mother.

NWCC75
QUESTIONS SENIORS ASK ABOUT NUTRITION
General Foods (1), [1979?]
[8] p. : free : (GP)

Answers questions most often asked by seniors about food and nutrition.

NWCC76
CHILD HEALTH IN AMERICA
(ESA 76-5015)
US DHEW (17), 1976
72 p. : single copy free : (GP)

Designed to acquaint all citizens who are interested in child health with the highlights of a five-volume documentary history: "Children and Youth in America".

NWCC77
NUTRITION: DAY ONE TO YEAR ONE
British Columbia Ministry of Health, 1978
32 p. : $0.50 : (GP)

Discusses the many aspects of breast feeding and bottle feeding, including the diet for a lactating mother. Provides a thorough guide to the introduction of solid foods. Outlines home preparation of baby foods and offers a basic recipe for pureed food. Includes tips on feeding and teething.

NWCC78
HOW CHILDREN GROW
(NIH 77-166)
US DHEW (28), 1977
56 p. : single copy free : (GP)

Discusses the growth of children from the fetus stage of life to late puberty.

NWCC79
SIMILAC/SIMILAC WITH IRON INFANT FORMULAS
Ross Laboratories (3), 1979
41 p. : single copy free : (P)

Presents a brief history of the development of Similac and describes its composition, similaries to human milk, and advantages over cow's milk. Presents data from clinical studies to substantiate Similac's effectiveness in supporting normal growth and development during the first year of life.

NWCC80
HEALTHY EATING FOR THE ELDERLY
The British Nutrition Foundation, 1973
11 p. : 17 pence : (GP)

Outlines the nutritional needs of the elderly and offers a suggested menu plan. Includes shopping tips.

NWCC81
RECIPES FOR SENIOR DINERS
Manitoba Department of Health and Community Services, [1978?]
14 p. : single copy free : (GP)

Outlines the Canada Food Guide. Consists of recipes suitable for the elderly person on a regular diet, though most can also be used for people on a semi-soft diet.

NWCC82
NUTRITION FOR SENIORS DAILY NEEDS
University of Minnesota, [1977?]
[4] p. : single copy free : (GP)

Briefly discusses the basic food groups in the American food guide. Offers tips on how to get the right number of calories for proper weight, how to tempt a waning appetite, and lists foods which should be limited.

NWCC83
NUTRITION FOR SENIORS
Alberta Social Services and Community Health, [1979?]
[12] p. : single copy free : (GP)

Outlines for seniors how to use Canada's Food Guide to obtain all the essential nutrients. Provides suggestions for simple to prepare, low-cost foods. Discusses storing food, dealing with chewing problems, and ways of increasing a waning appetite.

NWCC84
THE SENIOR CHEF: NUTRITION
British Columbia Ministry of Health, 1979
48 p. : $1.00 : (GP)

A collection of recipes which provide nutritious, economical, and easy to prepare meals. Also contains information on buying and storing foods, and a detailed explanation of the four food groups.

NW0085
BREAST FEEDING KIT
Health and Welfare Canada (12), 1979
1V. (various paging) : free : (P)

An awareness kit aimed at the health professional regarding the benefits and value of successful breast feeding.

NW0086
DAYCARE NUTRITION
Health and Welfare Canada (3), [1979?]
1V. (various paging) : free : (P)

A kit which includes papers on the following topics; nutritional needs of preschool children, nutrition learning activities, meals and snacks, and nutrition for children with special needs.

NW0087
HEALTHY EATING FOR TEENAGERS
by F. J. Stare
American Heart Association : Ontario Heart Foundation [distributor], [1975?]
[6] p. : free : (GP)

Discusses the age at which susceptibility to heart attack begins, the conditions which influence this susceptibility, and the preventive measures which should be taken.

NW0088
LABORATORY INDICES OF NUTRITIONAL STATUS IN PREGNANCY: SUMMARY REPORT
National Academy of Sciences (2), 1977
23 p. : single copy free : (P)

Summarizes and highlights the effects of normal gestation on certain laboratory indices of nutritional and metabolic status

NW0089
FEEDING YOUR BABY A SOY PROTEIN FORMULA
Ross Laboratories (3), 1979
[6] p. : single copy free : (GP)

Answers questions asked by mothers regarding Isomil, a soy protein isolate formula.

NW0090
MILK-BASED AND SOY-BASED FORMULATIONS USED FOR FEEDING NEWBORNS IN THE HOSPITAL
Ross Laboratories (3), 1979
[6] p. : single copy free : (P)

A nutrient analysis of human breast milk, the various Similac formulas, and Isomil.

NW0091
BE GOOD TO YOUR BABY BEFORE IT IS BORN (No. 9-0002)
by A. Siever and P. Tolins
The National Foundation - March of Dimes (1), 1977
16 p. : free : (GP)

Offers advice on prenatal care.

NW0092
SENSIBLE EATING DURING CHILDHOOD: AGES 1 TO 6
(No. A34972)
General Mills, Inc. (2), [1979?]
[10] p. : free : (GP)

Discusses the need for parental guidance in the child's food choices, healthy teeth, the basic food groups of the American Food Guide, and meals and snacks. Includes basic daily menu plans.

NW0093
SENSIBLE EATING DURING PREGNANCY
(No. A35528)
General Mills, Inc. (2), [1979?]
[10] p. : free : (GP)

Outlines the basic food groups of the American food guide and the importance of good nutrition during pregnancy. Discusses weight gain and menu planning.

NW0094
BRIGHT START - A GUIDE TO INFANT FEEDING
H. J. Heinz Company of Canada Ltd. (2), 1978
17 p. : free : (GP)

Designed to help answer questions new parents have regarding the nutrition and development of their babies. Includes nutrition information for Heinz baby foods as well as on the labelling of baby foods.

NWC095
SENIOR CITIZENS: FOOD EXPENDITURE PATTERNS AND ASSISTANCE
(AER-426)
by A. E. Gallo, L. E. Salathe, and W. T. Boehm
USDA (5), 1979
11 p. : single copy free : (P)

Compares how food purchasing patterns for senior citizens compare with other age groups.

NWC096
BABY FEEDING AND NUTRITION
H. J. Heinz Company of Canada Ltd. (2), 1979
15 p. : free : (GP)

Includes useful hints for both bottle feeding and breast feeding. Discusses when and how to introduce solid foods and new foods. Outlines the basic food groups and what nutrients they provide.

NWC097
FOODS FOR BABY AND MEALTIME PSYCHOLOGY
Gerber (Canada) Inc., [1979?]
27 p. : free : (GP)

Discusses the individuality of each baby and their particular needs according to general size, activity, rate of development, and heredity.

NWC098
THE FAT CHILD... BORN OR MADE?
Weight Watchers International, Inc., 1978
14 p. : free : (GP)

A general guide to what and how to feed an infant.

NWC099
FOOD KIDS
Health and Welfare Canada (2), 1975
44 p. : free : (P)

A report by the National Council of Welfare describing the world of poor children today in Canada.

NW0100
CHANGES... RESEARCH ON AGING AND THE AGED
(NIH 78-85)
US DHEW (10), 1978
32 p. : single copy free : (GP)

Explores the changes that occur with age and explains that these changes are not inevitably associated with decline.

NW0101
TO UNDERSTAND THE AGING PROCESS - THE BALTIMORE LONGITUDINAL STUDY OF THE NATIONAL INSTITUTE ON AGING
(NIH 78-134)
US DHEW (10), 1978
20 p. : single copy free : (GP)

Provides a biological profile of a group of people representing the adult age spectrum.

NW0102
OUR FUTURE SELVES: A RESEARCH PLAN TOWARD UNDERSTANDING AGING
(NIH 77-1096)
US DHEW (10), 1977
60 p. : single copy free : (P)

Explains research goals for understanding of the aging process.

NW0103
OUR FUTURE SELVES - SUMMARY REPORTS
(NIH 78-1446)
US DHEW (10), 1978
24 p. : single copy free : (P)

A research plan toward understanding aging. Panels on biomedical research, behavioural and social sciences research, and human services and delivery systems participated in formulation of the report.

NWC104
OUR FUTURE SELVES - REPORT OF THE PANEL ON RESEARCH ON HUMAN SERVICES AND DELIVERY SYSTEMS
(NIH 78-1443)
US DHEW (10), 1978
25 p. : single copy free : (P)

Issues and research strategies on how improvements can be made in defining services needed, in structuring and operating them, and in assuring that they reach the intended population are outlined.

NW0105
OUR FUTURE SELVES - REPORT OF THE PANEL ON BEHAVIORAL AND SOCIAL SCIENCES RESEARCH
(NIH 78-1444)
US DHEW (10), 1978
30 p. : single copy free : (P)

Calls attention to areas of research on aging in the behavioral and social sciences.

NW0106
SPECIAL REPORT ON AGING: 1979
(NIH 79-1907)
US DHEW (10), 1979
25 p. : free : (P)

Demonstrates that aging and disease are not one and the same, and that research on both medical and social problems of the elderly can reduce medical costs.

NW0107
PRENATAL-POSTNATAL HEALTH NEEDS AND MEDICAL CARE OF CHILDREN
(HSM 73-1607)
US DHEW (22), 1973
43 p. : single copy free : (P)

Covers extent and timing of prenatal medical care, condition at birth, health in infancy, extent of breast feeding, and health status at the time of the survey for children 6-11 years of age. Differentials are shown by family income, education of parent, race, and by region and rural areas.

NW0108
HEALTH ATTITUDES AND BEHAVIOR OF YOUTHS 12-17 YEARS: DEMOGRAPHIC AND SOCIOECONOMIC FACTORS
(HRA 76-1635)
US DHEW (22), 1976
67 p. : single copy free : (P)

Distributions of responses to selected questions on general health attitudes, mental and physical development, social adjustment and behavior of adolescents are presented by certain demographic and socioeconomic variables.

NW0109
SELF-REPORTED HEALTH BEHAVIOR AND ATTITUDES OF YOUTHS 12-17 YEARS U.S.
(HRA 75-1629)
US DHEW (22), 1975
88 p. : single copy free : (P)

A description of self-reported health behavior and attitudes of American youths based on questionnaire responses of a national probability sample of non-institutionalized youths 12 to 17 years of age.

NW0110
MOTHERS-AT-RISK
(CM 2144)
edited by P. Hasselkorn
US DHEW (17), [1968?]
162 p. : single copy free : (P)

Discusses the role of social work in prevention of morbidity in infants of socially disadvantaged mothers.

NW0111
ONE CHILD, ONE CHANCE
Health and Welfare Canada (2), 1973
41 p. : free : (GP)

A broad public discussion of the subject of the nutritional well-being of Canadian children.

NW0112
FOOD FOR THE TEENAGER DURING PREGNANCY
(ESA 78-5106)
US DHEW (17), 1978
11 p. : single copy free : (S)

Discusses the importance of good nutrition for a pregnant teenager. Lists the groups of foods, their nutrients and how the nutrients are used by the body. Includes sample meal plans. Reviews some other concerns during pregnancy.

NW0113
BETTER MANAGEMENT AND MORE RESOURCES NEEDED TO STRENGTHEN FEDERAL EFFORTS TO IMPROVE PREGNANCY OUTCOME
(HRD 80-24)
US General Accounting Office, 1980
214 p. : single copy free : (P)

Describes the progress made and problems remaining in government efforts to reduce infant mortality and morbidity. Discusses need for more intense and coordinated efforts by federal agencies to help alleviate remaining problems. Recommends several legislative changes to improve Federal programs.

NW0114
HEALTH SERVICES FOR THE ELDERLY
Health and Welfare Canada (14), 1976
iv, (various paging) : single copy free : (P)

Twenty-nine recommendations are offered as a base on which to develop and build a responsible and sensitive health and social services delivery system for elderly Canadians.

NW0115
IMPROVEMENT IN INFANT AND PERINATAL MORTALITY IN THE U.S. 1965-1973
(HSA 78-5743)
US DHEW (17), 1978
iv, (various paging) : single copy free : (P)

Examines changes in American infant and perinatal mortality over the period 1965-1973. Identifies the changes in infant and fetal mortality by age-at-death or length of gestation, race, and degree of urbanization. Presents comparison data for states, cities, and foreign countries. Includes some data on earlier years.

NWC116
HEALTH STATUS OF CHILDREN: A REVIEW OF SURVEYS 1963-1972
(HSA 78-5744)
US DHEW (17), 1978
259 p. : single copy free : (P)

Intended as an overview of the health status of children and youth in the United States from 1963 to 1972.

NWC117
A HEALTHY PREGNANCY THROUGH GOOD NUTRITION
Oregon State Health Division (2), [1977?]
39 p. : single copy free : (P)

A manual designed to reach migrant women on the vital issue of prenatal nutrition education.

NWC118
HEINZ INFANT NUTRITION UPDATE
H. J. Heinz Company of Canada, Ltd. (2), 1979
IV. (various paging) : single copy free : (P)

Discusses trends in infant nutrition, infant nutrient requirements, role of baby foods in an infant diet, and nutrient intake and growth of infants in Toronto and Montreal. Includes graphs and tables.

NWC119
FOOD... FROM BIRTH TO BIRTHDAY
(E205)
National Dairy Council, 1979
20 p. : $0.30 : (GP)

Discusses breast and bottle feeding introducing solids, weaning, and teething.

NWC120
FOOD BEFORE SIX
(E005)
National Dairy Council, 1979
8 p.: $0.15 : (GP)

A capsule treatment of feeding children from one to six.

NWC121
FOOD AND YOU... PARTNERS IN GROWTH... DURING PREGNANCY
(E018)
National Dairy Council, 1980
16 p. : $0.30 : (GP)

Discusses the influence of nutrients on the health of women and their babies.

NW0122
TO YOUR HEALTH... IN YOUR SECOND FIFTY YEARS
(E028)
National Dairy Council, 1979
8 p. : $0.30 : (GP)

A booklet featuring large type for ease of reading. Covers basic nutrition and menu planning.

NWC123
WHY BREASTFEED YOUR BABY
(No. 101C)
La Leche League International, Inc., [1979?]
[8] p. : free : (GP)

Lists the many reasons why one should consider breast feeding. Discusses what La Leche League is and how it is organized.

NWC124
PATTERNS OF GROWTH
Human Growth Foundation, 1976
ca. 20 p. : single copy free : (GP)

The purpose of this booklet is to explain normal and unusual patterns of growth and to answer some of the questions parents ask.

NWC125
STATUS OF DAY CARE IN CANADA
Health and Welfare Canada (3), 1978
12 p. : free : (GP)

Intended to present a general overview of day care services in Canada.

NWC126
BREASTFEEDING: A SPECIAL CLOSENESS
Motion, Inc., 1978
18 p. : single copy free (P)

A teaching guide which includes a brief description of the visuals in an accompanying film. Subject areas are supplemented by a discussion section. Questions are provided for class discussion.

NW0127
NUTRITION OF THE AGED
The Nutrition Society of Canada, 1977
90 p. : single copy free : (P)

Proceedings of a symposium on aging. Seven scientific papers concerning various aspects of nutrition and aging are presented.

NWC128
SYMPOSIUM ON HUMAN LACTATION
(ESA 79-5107)
US DHEW (17), 1979
130 p. : single copy free : (P)

Proceedings of a 1976 symposium which provided a current and comprehensive overview of the human lactation area.

NWO129
BREASTFEEDING AND DENTAL CARIES
(No. 31)
by M. K. White
La Leche League International, Inc., 1979
4 p. : $0.20 : (P)

Discusses dental caries as they relate to the sugar in the food and beverages an infant consumes.

NWC130
SORE BREAST - WHAT, WHY, AND WHAT TO DO
(No. 12)
La Leche League International, Inc., 1977
[4] p. : $0.20 : (P)

Outlines symptoms, causes, treatment, and prevention of a plugged duct or a breast infection.

NWC131
THRUSH
(No. 19)
by M. White
La Leche League International, Inc., 1978
[2] p. : $0.15 : (P)

Reviews what thrush is and how to treat it.

NWC132
TOGETHER, AND NURSING, FROM BIRTH
(No. 20)
La Leche League International, Inc., 1978
8 p. : $0.30 : (P)

Discusses the physical advantages of breastfeeding to both the mother and the baby.

NWC133
BREAST FEEDING AND THE ORAL CONTRACEPTIVE PILL
(No. 18)
La Leche League International, Inc., 1975
[4] p. : $0.20 (P)

Explains the effects of oral contraception on lactation and on the breastfed baby.

NWO134
OPTIMAL INFANT NUTRITION: AVOIDING ALLERGIES AND OTHER PROBLEMS
(No. 16)
by M. K. White
La Leche League International, Inc., 1975
8 p. : $0.30 : (P)

Reviews the importance of breast feeding, with the gradual introduction of other foods beginning at about the middle of the first year of life.

NWO135
THE BIOLOGICAL SPECIFICITY OF MILK: COW'S MILK FOR COWS, HUMAN MILK FOR HUMANS
(No. 14)
by W. G. Whittlestone
La Leche League International, Inc., 1976
8 p. : $0.30 : (P)

Outlines certain basic principles and illustrates that milk is in effect a source of biological information which begins its process in the placenta and completes it with weaning.

NWC136
DIARRHEA IN INFANCY
(No. 15)
by M. White
La Leche League International, Inc., 1973
[2] p. : $0.15 : (P)

Discusses how breast feeding should be continued when the infant has diarrhea.

NWC137
MEDICATIONS FOR THE NURSING MOTHER
(No. 21)
by M. White
La Leche League International, Inc., 1978
[4] p. : $0.20 : (P)

Weighs the risk of breast feeding for the infant of a medicated mother against the benefits.

NWO138
ANEMIA... AND THE BREASTFEEDING MOTHER
(No. 24)
La Leche League International, Inc., 1975
[4] p. : $0.20 : (P)

Explores the reason why the breastfed baby does not become anemic while the bottlefed infant often does.

NWC139
IMMUNIZATIONS IN THE NURSING MOTHER
(No. 25)
La Leche League International, Inc., 1978
[2] p. : $0.15 : (P)

Includes specific notes on the small pox vaccine, Rh antibodies, and rubella.

NWC140
BREASTFEEDING AND JAUNDICE
(No. 10)
by E. A. Countryman
La Leche League International, Inc., 1978
4 p. : $0.30 : (P)

Prepared in order to increase understanding of the relationships between breast feeding and jaundice. Discusses how to manage jaundiced breastfed infants.

NWC141
BREASTFEEDING AND DRUGS IN HUMAN MILK
by M. White
La Leche League International, Inc., 1979
31 p. : $3.00 : (P)

Weighs the risk of breast feeding for the infant of a medicated mother against the benefits, and discusses steps that can be taken to insure the safety of breast milk while the mother is on medication.

NWC142
A MOTHER'S GUIDE TO BREASTFEEDING AND MOTHERING THE PREMATURE OR HOSPITALIZED SICK INFANT
(No. 109)
by S. Silver
La Leche League International, Inc., 1979
[4] p. : $0.25 : (GP)

Includes discussion on the difficulty of producing enough breast milk and the concern over bonding with a hospitalized sick infant.

NWC143
THE MODERN MANAGEMENT OF SUCCESSFUL BREAST FEEDING
(No. 111)
by B. M. Applebaum
Pediatric Clinics of North America : La Leche League International, Inc. [distributor], 1970
[22] p. : $0.75 : (P)

Provides information concerning the fundamental principles of anatomy and physiology of breast structure and function.

NWC144
THE UNIQUENESS OF HUMAN MILK
(No. 161)
edited by D. B. Jelliffe and E. F. P. Jelliffe
American Society for Clinical Nutrition : La Leche League International, Inc. [distributor], 1971
[56] p. : $2.95 : (P)

Provides information concerning the sociologic considerations and scientific developments which have created the human versus cow's milk controversy. Also emphasizes the need to reconsider the place of human milk and breast feeding in modern nutrition.

NWC145
INVERTED NIPPLES
(No. 108)
La Leche League International, Inc., 1977
[2] p. : $0.15 : (GP)

Discusses the problem of both flat and inverted nipples and the use of breast shields during and after pregnancy. Outlines care of nipples and breast shields.

NWC146
BREASTFEEDING AFTER A CESARIAN BIRTH
(No. 80)
by L. Dyal
La Leche League International, Inc., 1978
4 p. : $0.25 : (GP)

Information sheet developed to answer the questions that mothers often ask about breast feeding in relation to the cesarean operation.

NWC147
ENVIRONMENTAL CONTAMINANTS IN MOTHER'S MILK
(No. 78a)
La Leche League International, Inc., 1977
[2] p. : $0.15 : (P)

Reports on the appearance of contaminants in breast milk, but emphasizes that the benefits of breast feeding outweigh the risks. Outlines the precautions a mother can take.

NW0148
PCB'S AND MOTHER'S MILK
(No. 78c)
La Leche League International, Inc., 1977
[2] p. : $0.15 : (P)

Discusses the discovery and infiltration of PCB's into the environment and outlines the risk they may represent. Includes general precautionary measures.

NW0149
PCB'S AND MOTHER'S MILK
(No. 78d)
La Leche League International, Inc., 1977
[2] p. : $0.15 : (P)

Discusses the implications of receiving PCB's from mother's milk and weighs the benefits against the risks.

NW0150
BREASTFEEDING: HELPING THE MOTHER GET STARTED
(No. 117)
by E. A. Countryman
La Leche League International, Inc.
[197-?]
[4] p. : $.20 : (P)

Discusses how the new mother can be taught, while in hospital, about the advantages of breast feeding.

NW0151
HOW THE MATERNITY NURSE CAN HELP THE BREASTFEEDING MOTHER
(No. 118)
E. A. Countryman
La Leche League International, Inc., 1980
24 p. : $0.95 : (P)

Reviews the problems which may arise during breast feeding and offers appropriate advice, encouragement, and support.

NW0152
MANAGEMENT OF SUCCESSFUL LACTATION
by M. Newton, N. Newton, and R. Appletaum
National Commission on Human Life : La Leche League International, Inc., [distributor], 1972
50 p. : $1.00 : (P)

Attempts to show the reader that breast feeding is not a complicated procedure, but rather a natural form of infant nutrition.

NW0153
JOURNAL OF THE LA LECHE LEAGUE OF NEW ZEALAND
(No. 163)
La Leche League International, Inc., 1976
26 p. : $1.50 : (P)

Discusses changes in attitudes towards breast feeding, the economics of breast feeding, its effect on speech development, and the quality of infant care.

NW0154
IN HOSPITAL THE CHILD AND THE FAMILY
(No. 143)
by E. A. Countryman
La Leche League International, Inc., 1974
24 p. : $0.95 : (P)

Prepared to help the mother of a child in hospital evaluate and verbalize her own needs and the needs of her child.

NW0155
AMIE
(No. 134)
by T. Stafford
La Leche League International, Inc., 1976
10 p. : $0.50 : (GP)

A story, with illustrations, of a young girl speaking about the enjoyment of receiving milk from her mother's breast.

NW0156
BREASTFEEDING YOUR BABY WITH MOTHER AROUND THE WORLD
(No. 129)
by J. Good
La Leche League International, Inc., 1970
23 p. : $0.50 : (GP)

Illustrations used to explain the benefits of breast feeding.

NW0157
NURSING AN ADOPTED BABY
(No. 55)
La Leche League International, Inc., 1972
[9] p. : $0.30 : (GP)

Contains stories of mothers successfully nursing adopted babies, and a newspaper article about an adoptive nursing mother.

NW0158
INFANT FEEDING GUIDE
Marshfield Clinic, 1978
33 p. : $2.00 : (GP)

Designed to provide a nutrition reference for parents of infants in the first year of life. Also helpful for feeding children in the preschool years.

NW0159
CARING IS... THE RIGHT FOOT AT THE RIGHT TIME
Saskatchewan Health, [1978?]
24 p. : $1.00 : (GP)

Covers concerns of breast and bottle feeding, introduction of solid foods, and digestive problems in infancy.

NW0160
FEEDING YOUR BABY - BREAST METHOD
Oregon State Health Division (2), [1978?]
[12] p. : single copy free : (GP)

Breast feeding and introduction of solid foods are topics covered in this publication.

NW0161
FEEDING YOUR BABY - BOTTLE METHOD
Oregon State Health Division (2), [1978?]
[12] p. : single copy free : (GP)

A guide to bottle feeding designed for the new mother.

NW0162
GOOD NUTRITION FOR A HEALTHY BABY AND MOTHER
Oregon State Health Division (2), [1978?]
18 p. : single copy free : (GP)

A guide to proper diet for the expectant mother.

NW0163
MATERNAL NUTRITION AND FETAL GROWTH
Canadian Paediatric Society, 1976
3 p. : Single copy free : (P)

A policy statement on maternal nutrition developed by the Committee on Nutrition of the Canadian Paediatric Society.

NW0164
CURRENT ISSUES IN INFANT FEEDING - A GUIDE FOR PROFESSIONALS
by C. Armstrong-Thomson, P. Latner, and C. B. Sage
Ontario Ministry of Health : Ontario Government Bookstore [distributor], 1977
32 p. : $0.75 : (P)

Topics covered include types of milk feeding, solid foods, dental caries, cholesterol control, and infantile obesity.

NW0165
RECOMMENDATIONS FOR FEEDING NORMAL INFANTS
(HSA 79-5108)
by S. J. Fomon, L. J. Filer, T. A. Anderson, and E. E. Ziegler
American Academy of Pediatrics : US DHEW (17) [distributor], 1979
8 p. : single copy free : (P)

A brief summary of recommendations concerning various aspects of feeding infants under one year of age.

NW0166
SKIM MILK IN INFANT FEEDING
(HSA 78-5102)
by S. J. Fomon, and E. E. Ziegler
US DHEW (17), 1978
5 p. : single copy free : (P)

A statement concerning the inadequacy of skim milk for use in feeding infants.

NW0167
FOOD GUIDE FOR OLDER FOLKS
(G-17)
USDA (1) or (3), 1972
19 p. : single copy free : (GP)

Covers food guides, food shopping and preparation, equipment, and includes a recipe section.

NW0168
NUTRITION IN MATERNAL HEALTH CARE
American College of Obstetricians and Gynecologists, 1974
14 p. : single copy free : (P)

A handbook designed as a guide to the nutritional component of maternal health services. Intended primarily for physician use.

NW0169
CAN FOOD MAKE THE DIFFERENCE? - TEENAGE NUTRITION
(CP-49)
American Medical Association (2), 1964
[6] p. : single copy free : (GP)

A brochure outlining food groups, diets, snacks, and athletics.

NW0170
FOOD AND PREGNANCY
(No. 9-0028)
National Foundation - March of Dimes (1), 1979
[8] p. : free : (GP)

A brochure outlining the basic nutrition principles involved in pregnancy.

NW0171
NUTRITION DURING PREGNANCY AND LACTATION
California Department of Health (2), 1975
108 p. : single copy free : (P)

A guide to maternal nutrition for use by professionals.

NW0172
RECOMMENDATIONS FOR INFANT FEEDING PRACTICES
California Department of Health (2), 1979
19 p. : single copy free : (P)

Recommendations and rationale for infant feeding practices are outlined in this policy statement.

NW0173
POLICY STATEMENT: BREAST FEEDING - ITS ROLE IN INFANT GROWTH AND DEVELOPMENT
California Department of Health (2), 1979
[8] p. : single copy free : (P)

Recommendations for feeding normal infants are outlined.

NW0174
NUTRITION AND FAMILY PLANNING GUIDELINES - A GUIDE FOR PROFESSIONALS
Ontario Ministry of Health : Ontario Government Bookstore [distributor], 1980
42 p. : $1.25 : (P)

A guide intended to help health professionals with the nutrition education component of a family planning program.

NW0175
INFANT NUTRITION - A MANUAL FOR HEALTH PROFESSIONALS
Saskatchewan Health, 1979
70 p. : $3.00 : (P)

Breast and milk feeding, solid foods, and other topics of current concern are covered in this manual.

NW0176
EVALUATION OF THE 1975-1977 NUTRITION IN FAMILY PLANNING CENTRES DEMONSTRATION PROJECT
by C. Bonds and M. Powell
University of Toronto, 1977
ca. 239 p. : $8.00 : (P)

Evaluation of a program established to improve nutrition counselling services in family planning clinics.

NW0177
FELT - PEN (FAMILY PLANNING ENRICHMENT THROUGH LEARNING - TEACHING PACKAGES FOR EDUCATION ABOUT NUTRITION)
University of Toronto, [1977?]
1v. (various paging) : $10.00 : (P)

A self-instruction and teaching kit for doctors, nurses, educators, nutritionists, and family planning counsellors. A study guide with objectives for learning more about general nutrition and special concerns for women throughout the reproductive cycle is included.

NW0178
MEAL PLANNING FOR THE GOLDEN YEARS
General Mills, Inc. (1), 1977
15 p. : $0.25 : (GP)

Menu planning and basic nutrition for the elderly are covered.

NW0179
INFANT FEEDING
(Dispatch No. 46)
Health and Welfare Canada (8), 1980
6 p. : free : (P)

Briefly discusses breast feeding supplementation, commercial formulas, and home prepared versus commercial baby foods.

NW0180
THIRD REPORT ON ORAL CONTRACEPTIVES
(Dispatch No. 45)
Health and Welfare Canada (8), 1979
5 p. : free : (P)

An update to the 1975 report, including information on new developments in oral contraceptive technology.

NW0181
FEELING WOMEN HAVE HEALTHY BABIES
United Cerebral Palsy Association, Inc., [1975?]
1v. (various paging) : single copy free : (P)

A leader's program packet, filled with leaflets booklets, and factsheets for use in public education and prevention programs.

NW0182
PHYSICAL GROWTH NCHS PERCENTILES: GIRLS (BIRTH TO 36 MONTHS)
(G106)
Ross Laboratories (1), [197-?]
[1] : $0.05 : (P)

A growth chart showing curves for length, weight, and head circumference.

NW0182
PHYSICAL GROWTH NCHS PERCENTILES: BOYS (BIRTH TO 36 MONTHS)
(G105)
Ross Laboratories (1), [197-?]
[1] : $C.05 : (P)

A growth chart showing curves for length, weight, and head circumference.

PHYSICAL FITNESS (PF)

PF0001
FEELIN' ENERGETIC
California Prune Advisory Board, [1979?]
[12] p. : single copy free : (GP)

Introduces warm-up exercises to improve flexibility. Also shows six exercises designed to increase muscle tone, strength, and endurance. Includes several recipes using prunes.

PF0002
PROGRAMS FOR PEOPLE
Health and Welfare Canada (6), 1978
[9] p. : free : (GP)

Outlines what Sport Canada and Fitness and Recreation Canada have to offer people who wish to participate in developing the fitness of Canadians.

PF0003
'F' IS FOR EXERCISE
(No. 51-027A)
American Heart Association (1), 1977
6 p. : single copy free : (GP)

Outlines the benefits of regular exercise, the various forms of exercise and their affect on the body. Lists factors to consider before beginning a program and after one is started. Includes an exercise checklist.

PF0004
FITNESS FOR THE FUN OF IT
Ontario Ministry of Culture and Recreation (2), 1979
16 p. : free : (GP)

Reviews the importance of fitness and lists rules and procedures for becoming fit. Outlines methods for increasing aerobic capacity and matches methods to age groups. Suggests various forms of exercise to increase respiratory functions and flexibility.

PF0005
SHAPING UP FOR THE LONG RUN
Best Foods (1), 1978
24 p. : single copy free : (GP)

Shows how to meet fitness objectives through painless exercise and sensible food choices.

PF0006
THE SHAPE OF THINGS TO COME - FITNESS FACTS FOR WOMEN
California Raisin Advisory Board, [1978?]
[8] p. : free : (GP)

Contains exercise and nutrition information from various sources. Includes references.

PF0007
FAMILY FITNESS BY FLEISCHMANN'S
Standard Brands Canada Ltd., [1978?]
[12] p. : free : (GP)

Sets out a number of guidelines that will help determine how active a family is.

PF0008
EXERCISE - YOUR HEART DEPENDS ON IT
by D. L. Montgomery
Best Foods (2), [1979?]
31p. : free : (GP)

Outlines the reasons why Canadians are prone to heart disease and how exercise affects the various risk factors. The components of physical fitness are discussed along with benefits of exercise. Covers the dynamics of aerobic activity. Includes an exercise record and heart rate profile as well as references.

PF0009
THE FITNESS CONNECTION
Best Foods (1), [1979?]
[12] p. : free : (GP)

Suggestions on how to alter the poor eating habits of Americans. Includes recipes.

PF0010
FOOD AND FITNESS
Ontario Blue Cross, 1973
96 p. : single copy free : (GP)

Explains the role of nutrients in food, and discusses the fundamentals about exercise and physical health.

PF0011
FITNESS AND NUTRITION
Ontario Ministry of Culture and Recreation (2), [1980?]
14 p. : free : (GP)

Discusses the importance of keeping caloric intake and expenditure in balance. Includes charts, tips for calorie counters, and a foodstyle rating quiz.

PF0012
FEELIN' GOOD FITNESS GUIDE
Saskatchewan Health, [1979?]
[11] p. : single copy free : (GP)

An aid to those people aiming to change their lifestyle through increased physical activity and improved nutrition.

PF0013
FOOD FOR TOP PERFORMANCE
Manitoba Department of Health and Community Services, 1979
16p. : single copy free : (GP)

Discusses the importance of food for reaching full potential in sports. Reviews energy balance, energy cost of various activities, food for athletic events, carbohydrate loading, game time eating, post game eating and food myths related to athletic performance. Includes charts and sample menus.

PF0014
FOOD FOR SPORTS
Purity Supreme, Inc. [1979?]
[8] p. : single copy free : (GP)

Reviews energy requirements for various activities, the importance of maintaining tissue fluids, pre-game tips, and the essential basic foods for fitness. Includes recipes and a short nutrition I.Q. test.

PF0015
FOOD FOR FITNESS
Purity Supreme Inc. [1979?]
[8] p. : single copy free : (GP)

Suggests ways of keeping up with fitness information. Outlines the importance of food in a fitness program. Includes some simple recipes.

PF0016
WATER DEPRIVATION AND PERFORMANCE OF ATHLETES
National Academy of Sciences (2), 1974
4 p. : single copy free : (P)

A statement of the Food and Nutrition Board concerning water deprivation and athletic performance.

PF0017
STANDARDIZED TEST OF FITNESS
Health and Welfare Canada (6), 1979
[4] p. : free : (GP)

An aerobic calculator. Includes tables for calculating aerobic capacity, maximal oxygen consumption, and an aerobic exercise prescription.

PF0018
FOOD AND FITNESS FOR ALL SEASONS
Miracle Foodmart, [1979?]
12 p. : free : (GP)

Provides information on general nutrition and the fallacy behind the American search for magic in a fitness program. Includes discussion on obtaining protein from vegetarian diets and suggests a day's menu. Lists fitness and nutrition tips. Recipes included.

PF0019
A GUIDE TO PERSONAL FITNESS
Ontario Ministry of Culture and Recreation (2), [1978?]
18 p. : free : (GP)

Reviews the importance of being fit and lists rules and procedures for becoming fit. Outlines methods for increasing the heart's capacity to pump blood and matches the methods to age groups. Suggests various forms of exercise to increase respiratory functions as well as others for flexibility.

PF0020
HOW TO SHAPE UP AND KEEP IN SHAPE
Florida Department of Citrus, 1980
18 p. : single copy free : (GP)

Outlines how to shape up and stay that way and how to improve physical shape with weights.

PF0021
EXERCISE AND PARTICIPATION IN SPORTS AMONG PERSONS 20 YEARS OF AGE AND OVER: U.S., 1975
(PHS 78-1250)
US DHEW (22), 1978
11 p. : single copy free : (GP)

Reviews statistical data obtained from a survey questionnaire about exercise, participation in sports, and individual self-judgement of the amount of physical activity for the U.S. population over 20 years of age.

EFCC22
A MATTER OF FITNESS
by L. Forgie, B. Mason, and C. Dunkley
University of Toronto : The Nutrition Link [distributor], 1978
26 p. : $2.50 : (GP)

Discusses what physical fitness is and its relationship to exercise and food. Includes guidelines for improved foodstyle, as well as a list of additional reading materials and references.

EFCC23
BEYOND DIET... EXERCISE YOUR WAY TO FITNESS AND HEART HEALTH
by L.B. Zohman
Best Foods (1), 1979
36 p. : free : (GP)

Shows how the muscles of the body can, in a systematic, practical and low-risk way, be put back into shape.

EFCC24
NUTRITION FOR ATHLETES - A HANDBOOK FOR COACHES
(No. E0306)
American Alliance for Health, Physical Education, and Recreation : American Dietetic Association [distributor], 1971
56 p. : $2.40 : (P)

Written for athletic coaches and others who provide information and guidance to young athletes. Reviews briefly the content of a good basic diet, and analyzes current theories and practices as they relate to nutrition and athletic performance.

THERAPEUTIC DIETS (TD)

TDCC01
YOUR 1000 MILLIGRAM SODIUM DIET
(No. 50-031B)
American Heart Association (1), 1969
56 p. : single copy free : (GP)

Provides assistance for those who must follow a sodium-restricted diet. Outlines the diet plan, foods to eat and those to avoid, shopping and cooking tips, and suggestions for eating out.

TDCC02
YOUR MILD SODIUM-RESTRICTED DIET
(No. 50-031C)
American Heart Association (1), 1969
48 p. : single copy free : (GP)

Provides assistance for those who must follow a sodium-restricted diet. Outlines the diet plan, foods to eat, and those to avoid, shopping and cooking tips, and suggestions for eating out.

TDCC03
YOUR 500 MILLIGRAM SODIUM DIET
(No. 50-031A)
American Heart Association (1), 1968
55 p. : single copy free : (GP)

Provides assistance for those who must follow a sodium-restricted diet. Outlines the diet plan, foods to eat and those to avoid, shopping and cooking tips, and suggestions for eating out.

TDCC04
PLANNING FAT-CONTROLLED MEALS FOR 2000-2600 CALORIES
(No. 50-017B)
American Heart Association (1), 1967
25 p. : single copy free : (GP)

Explains a fat-controlled diet for those who must regulate both the amount and type of fat.

TDCC05
PLANNING FAT-CONTROLLED MEALS FOR 1200 1800 CALORIES
(No. 50-017A)
American Heart Association (1), 1966
25 p. : single copy free : (GP)

Explains a fat-controlled diet for those who must regulate both the amount and type of fat. Outlines the diet plan, foods to be avoided, shopping and cooking tips, and suggestions for eating out. Includes recipes.

TDCC06
SODIUM RESTRICTED DIET - 1000 MILLIGRAMS
(No. 51-017B)
American Heart Association (1), 1970
5 p. : single copy free : (GP)

An aid to the patient on a sodium restricted diet. Outlines the foods to eat and those to avoid. Answers questions most often asked. Includes a reference chart of the foods to use each day.

TDOC07
SODIUM RESTRICTED DIET - 500 MILLIGRAMS (No. 51-017A)
American Heart Association, 1969
5 p. : single copy free : (GP)

An aid to the patient on a sodium-restricted diet. Outlines the foods to eat and those to avoid. Answers questions most often asked. Includes a reference chart of the foods to use each day.

TDOC08
SODIUM RESTRICTED DIET - MILD RESTRICTION
(No. 51-017C)
American Heart Association (1), 1969
5 p. : single copy free : (GP)

An aid for the patient who must reduce sodium intake. Outlines the foods to eat and those to avoid. Answers questions often asked by people on a sodium-restricted diet. Includes a reference chart of the foods to use each day.

TDOC09
A MATTER OF TASTE
by P. H. Coleman and B. A. McLaren
University of Toronto : The Nutrition Link [distributor], 1970
32 p. : $2.50 : (GP)

A guide to easier planning and better eating on a sodium-restricted diet.

TDOC10
A MATTER OF GLUTEN
by C. B. Dunkley
The Nutrition Link, 1978
31 p. : $2.50 : (GP)

A guide to easier planning and better eating for celiacs.

TDOC11
PARENT'S GUIDE TO THE GALACTOSE-RESTRICTED DIET
California Department of Health (2), 1976
24 p. : single copy free : (GP)

Intended for parents of children with galactosemia. An aid to understanding this metabolic condition and a guide to managing the diet for the child.

TDOC12
SODIUM-RESTRICTED DIETS AND THE USE OF DIURETICS - RATIONALE, COMPLICATIONS, AND PRACTICAL ASPECTS OF THEIR USE
National Academy of Sciences (1), 1979
38 p. : $1.65 : (P)

Provides fundamental information on the pharmacological and physiological principles that are involved in the use of diuretics and sodium-restricted diets. Contains a brief presentation on management of selected diseases.

TDOC13
POSTOPERATIVE NUTRITIONAL ALTERNATIVES - PROTEIN-SPARING PARENTERAL NUTRITION
Abbott Laboratories, 1976
40 p. : single copy free : (P)

Outlines new concepts in parenteral nutrition, practical clinical applications, and a time-saving learning system that can be tailored to individual needs.

TDOC14
NUTRITIONAL ASSESSMENT AND INTRAVENOUS SUPPORT - THE USE OF AMINO ACIDS FOR PROTEIN-SPARING NUTRITION
Medical Directions, Inc. : Abbott Laboratories [distributor], 1978
22 p. : single copy free : (P)

An educational monograph designed to provide physicians with a better understanding of the use of the peripheral intravenous approach to protein-sparing in injury and disease. Includes background information and references.

TDOC15
A COMPLETE FAMILY OF NUTRITIONAL PRODUCTS FOR TOTAL OR SUPPLEMENTAL FEEDING
The Doyle Pharmaceutical Company, [1979?]
8 p. : single copy free : (P)

Outlines nutrition information for the different nutritional products produced by the Doyle Pharmaceutical Company, for various types of special feeding problems.

TDOC16
A COMMON THREAT TO SURGICAL PATIENTS
Ross Laboratories (3), 1979
19. (various paging) : single copy free : (P)

Reviews the use of Ensure Liquid Nutrition before and after surgery. Includes three reprints on malnutrition in the surgical patient.

TDOC17
DIETARY MODIFICATIONS IN DISEASE - PROGRESSIVE HOSPITAL DIETS
Ross Laboratories (3), 1978
16 p. : single copy free : (P)

Outlines a clear liquid diet, a full liquid diet, a soft diet, and a light diet. Provides recipes utilizing Ensure Liquid Nutrition and Polycose Glucose Polymers, which may be used in the dietary management of a variety of disorders.

TDOO18
MAJOR NUTRIENTS OF ENSURE AT FREQUENTLY USED VOLUMES
Ross Laboratories (3), [1978?]
[2] p. : single copy free : (P)

Lists nutrients found in varying quantities of Ensure from 100 to 1835 millilitres. Outlines usage, special features, dosage and administration, availability, and composition analysis of Ensure.

TDOO19
POLYCOSE CARBOHYDRATE CALORIES
Ross Laboratories (3), 1975
16 p. : single copy free : (P)

Outlines technical information and the special features of Polycose. Discusses its use and provides instructions for use. Includes composition tables and references.

TDOO20
PEDIALYTE ORAL ELECTROLYTE SOLUTION
Ross Laboratories (3), 1977
[12] p. : single copy free : (P)

Describes what Pedialyte is and how it is used. Includes composition breakdown and treatment regimen for the management of non-specific diarrhea in infants and children.

TDOO21
WHEN THE DOCTOR SAYS "LIMIT SODIUM", THINK FRESH LEMON
Sunkist Growers, Inc., 1977
[10] p. : single copy free : (GP)

Outlines the difference between salt and sodium. Lists sodium compounds to avoid. Suggests ways of using lemon in place of salt. Includes recipes and a tear-off wallet reminder for approximate sodium values of some foods.

TDOO22
RECIPES FOR FAT-CONTROLLED MEALS
Florida Department of Citrus, 1979
[12] p. : single copy free : (GP)

Contains recipes and tips written for a fat-controlled diet.

TDOO23
FAT-CONTROLLED RECIPES WITH FLAVOR AND FLAIR
Florida Department of Citrus, 1980
[8] p. : single copy free : (P)

Guidelines for nutritionists and dietitans in planning fat-controlled menus for institutions.

TDOO24
FEATHERWEIGHT FOODS FOR THE SUGAR AND STARCH RESTRICTED, CALORIE CONTROLLED DIETS
Chicago Dietetic Supply Inc., [1978?]
[14] p. : free : (P)

An extensive list of foods formulated for people on sugar and/or starch-restricted and calorie-controlled diets.

TDOO25
GUIDE TO NUTRITION, DIET AND MEAL PLANNING SPECIFICALLY FOR NURSING HOMES
by E. G. McCall, J. Gagnon, and D. Rankine
New Brunswick Department of Health, 1979
ca 40 p. : single copy free : (P)

Offers basic information on general nutrition, meal planning and normal and modified diets. Includes a series of three week noncselective cycle menus.

TDOO26
NUTRITION FOR PATIENTS RECEIVING CHEMOTHERAPY AND RADIATION TREATMENT
American Cancer Society, 1974
65 p. : single copy free : (GP)

A booklet designed specifically for patients receiving chemotherapy or radiation therapy. Includes recipes, which are economical both on time and money, but provide the high protein intake necessary for chemotherapy patients.

TDOO27
ENSURE COMPLETE LIQUID NUTRITION
Ross Laboratories (3), 1979
12 p. : single copy free : (P)

Outlines the distinguishing features of Ensure and discusses each characteristic against its background of medical considerations and its nutritional and metabolic benefits. Includes instructions for tube or oral feeding.

TDOO28
COMMERCIAL TUBE AND ORAL FEEDINGS
Ontario Hospital Association, [1979?]
15 p. : $2.00 : (P)

Lists products for tube and oral feedings with their respective manufacturers, descriptive information, the forms of protein, fat, and carbohydrate present. Indications for use are provided for each product.

TD0029
DF LOW PROTEIN WHEAT STARCH
Henkel Corporation, [1979?].
7 p. : single copy free : (GP)

Describes products for use in dietary regimes which require control of protein, potassium, or phenylalanine. Includes recipes for breads, entrees, puddings, cakes, cookies, and pastries.

TD0030
RECIPES FOR APROTEIN LOW-PROTEIN IMITATION PASTA AND PORRIDGE (HOT CEREAL)
Henkel Corporation, [1978?]
12 p. : single copy free : (GP)

Describes Aprotein pasta products and porridge and provides nutritional information. Offers recipes using the various products available. Includes basic cooking directions.

TD0031
DF LOW PROTEIN BAKING MIX
Henkel Corporation, [1979?]
[6] p. : single copy free : :(GP)

Includes recipes for coffee cakes, sweet rolls, breads, cookies, bars, croutons, desserts, and main dishes. For use in dietary regimes which require restriction of protein, sodium, potassium, or phenylalnine.

TD0032
DF LOW PROTEIN BAKING MIX
Henkel Corporation, [1978?]
[4] p. : single copy free : (P)

Describes DP low-protein baking mix and provides nutritional information. Includes recipes and methods for baking bread. Intended for use in protein-restricted diets.

TD0033
DF LOW PROTEIN COOKIES
Henkel Corporation, [1979?]
[2] p. : single copy free : (P)

Describes DP low protein cookies and provides nutritional information. For use in the dietary management of conditions which require control or restriction of protein, gluten or amino acids.

TD0034
DF WHEAT STARCH
Henkel Corporation, [1979?]
[4] p. : single copy free : (P)

Describes DF low protein starch and provides nutritional information. Intended for use in diets restricted in protein.

TD0035
YOUR HIGH-POTASSIUM DIET
Michigan Department of Public Health, [1976?]
[6] p. : single copy free : (GP)

Lists the best sources and the good sources of dietary potassium. Reviews the four food groups of the American Food Guide.

TD0036
CONTROLLED FAT DIET
Ontario Hospital Association, 1978
1V. (various paging) : single copy free : (GP)

Product information for controlled fat diets, to be used in conjunction with a specific diet (for type II, III, IV and V hyperlipoproteinemia). Includes a booklet with questions and answers about controlled fat diets.

TD0037
CANADIAN DIABETIC FOOD EXCHANGE LIST FOR MCDONALD'S RESTAURANT
McDonald's Restaurants of Canada, Ltd.
2 p. : free : (GP)

Lists the energy values and exchange units for foods served at McDonald's restaurants to assist persons following weight reduction programs and diabetic diets. Based on the Canadian exchange system.

TD0038
EAT BETTER, FEEL BETTER
Ross Laboratories (3), 1979
35 p. : single copy free : (GP)

Prepared as an aid to understanding the importance of good nutrition before, during and after chemotherapy.

TD0039
GENERAL FOODS LIMITED - GROCERY PRODUCTS
GLUTEN-FREE PRODUCTS
General Foods (1), 1980
2 p. : single copy free : (GP)

Lists the foods and beverages produced by General Mills Limited that are gluten-free.

TD0040
MCCORMICKS DIETETIC CARBOHYDRATE-REDUCED COOKIES AND CANDIES
Interlake Foods Ltd., [1979?]
1 p. : single copy free : (P)

Provides nutritional information on McCormicks dietetic, carbohydrate-reduced cookies and candies.

TD0041
GLUTEN-FREE VARIETIES
H. J. Heinz Company of Canada, Ltd. (2), 1975
1 p. : single copy free : (GP)

Lists Heinz baby foods that are gluten free.

TD0042
LOW-GLUTEN RECIPES
Best Foods (2), [1979?]
8 p. : free : (GP)

Provides a number of recipes designed for a low-gluten diet.

TD0043
SODIUM CONTENTS OF FOODS MADE BY BEST FOODS
Best Foods (3), 1978
1 p. : free : (GP)

Lists the products and their respective sodium content per 1200 grams, per tablespoon, per ounce, and per cup.

TD0044
CALORIE COUNT OF FOOD PRODUCTS MADE BY BEST FOODS
Best Foods (3), 1978
1 p. : free : (GP)

Lists the products and their respective calorie count per 100 grams, per tablespoon, per ounce, and per cup.

TD0045
DIABETIC EXCHANGE VALUES OF FOODS MADE BY BEST FOODS
Best Foods (3), 1978
1 p. : free : (GP)

Suggests amounts of various Best Food products to be used by the diabetic, based on American diabetic exchange units.

TD0046
INGREDIENTS LISTING AND ALLERGY INFORMATION FOR HEINZ BABY FOODS
Heinz U.S.A., 1979
6 p. : free : (GP)

A complete listing of 109 baby foods. Codes each variety to indicate which do not contain any or all of the seven most common allergy-causing ingredients.

TD0047
GENERAL FOODS LIMITED - GROCERY PRODUCTS - CORN, WHEAT, MILK, AND EGG-FREE PRODUCTS
General Foods (1), 1980
1 p. : free : (GP)

Lists foods and beverages produced by General Foods Limited that are free of corn, wheat, milk, and eggs.

TD0048
GENERAL FOODS LIMITED - GROCERY PRODUCTS - MILK-FREE PRODUCTS
General Foods (1), 1980
[2] p. : free : (GP)

Lists foods and beverages produced by General Foods Limited that are milk-free.

TD0049
GENERAL FOODS LIMITED - GROCERY PRODUCTS - MILK, EGG, AND WHEAT FREE PRODUCTS.
General Foods (1), 1980
[2] p. : free : (GP)

Lists foods and beverages produced by General Foods Limited that are free of milk, eggs, and wheat.

TD0050
GENERAL FOODS LIMITED - GROCERY PRODUCTS - TARTRAZINE-FREE PRODUCTS
General Foods (1), 1980
[2] p. : free : (GP)

Lists foods and beverages produced by General Foods Limited that are tartrazine-free.

TD0051
GENERAL FOODS LIMITED - GROCERY PRODUCTS - MILK-FREE AND WHEAT-FREE PRODUCTS
General Foods (1), 1980
[2] p. : free : (GP)

Lists foods and beverages produced by General Foods that are free of milk and wheat.

TD0052
GENERAL FOODS LIMITED - GROCERY PRODUCTS - CORN-FREE PRODUCTS
General Foods (1), 1980
[2] p. : free : (GP)

Lists the foods and beverages produced by General Foods that are corn-free.

TD0053
INFORMATION ON HEINZ BABY FOODS: PLANNING NON-ALLERGENIC DIETS
H. J. Heinz Company of Canada, Ltd. (2), [1979?]
[6] p. : free : (GP)

A guide developed to help parents plan meals for the allergic infant using Heinz baby foods. Lists each food variety and indicates which varities contain wheat, eggs, milk, or gluten.

TD0054
EDIBLE OILS CHART - MARGARINE CONTENTS
Allergy Foundation of Canada, [1978?]
[2] p. : single copy free : (GP)

Lists the commercial oils on the market and their ingredients. Provides the same information for margarine.

TD0055
ELEMENTARIZED DIET
Wisconsin Clinical Cancer Center, [1978?]
6 p. : single copy free : (GP)

Hints and recipes to assist patients who have difficulty chewing or swallowing.

TD0056
RESTRICTED FIBRE DIET
Wisconsin Clinical Cancer Center, [1979?]
6 p. : single copy free : (GP)

Designed to decrease the amount of bulk in the bowel. Provides the protein, vitamins, minerals, and other nutrients needed to maintain good health.

TD0057
HIGH PROTEIN SOFT DIET
Wisconsin Clinical Cancer Center, 1978
1 p. : free : (GP)

Developed to provide adequate nutrient intake to persons who have difficulty swallowing due to surgery or radiotherapy.

TD0058
EGG-FREE DIET
Allergy Foundation of Canada, [1978?]
2 p. : single copy free : (GP)

Provides lists of foods that can and cannot be eaten. Includes a daily dietary guide, a meal planning guide, and recipes.

TD0059
WHEAT-FREE DIET
Allergy Foundation of Canada, [1979?]
2 p. : single copy free : (GP)

Provides lists of foods that can and cannot be eaten. Includes daily dietary guide, meal planning and recipes.

TD0060
WHEAT-EGG-MILK
Allergy Foundation of Canada, [1976?]
1 p. : single copy free : (GP)

A brief description of common contacts for each of wheat, eggs, and milk.

TD0061
MILK-FREE DIET
Allergy Foundation of Canada, [1979?]
2 p. : single copy free : (GP)

Outlines foods that can and cannot be eaten. Includes a daily dietary guide, a meal planning guide, and recipes.

TD0062
TABLE OF SUBSTITUTES
Allergy Foundation of Canada, [1979?]
2 p. : single copy free : (GP)

Provides suggestions for a number of substitutions for each of milk, butter, eggs, seasonings, sugar, grain, flour in gravy, millet, oats, cornstarch, chocolate, coffee, vinegar, whipped cream, and whole wheat flour.

TD0063
MOLD-FREE DIET
Allergy Foundation of Canada, [1979?]
2 p. : single copy free : (GP)

Lists foods and vitamin preparations to be avoided, as well as those that are allowed. Also lists some common sources of mold problems. Suggests products to use to prevent mold build-up.

TD0064
DIET GUIDE FOR PATIENTS ON CHRONIC DIALYSIS
(NIH 76-685)
by W. C. Jones
US DHEW (9), 1976
24 p. : single copy free : (P)

An easy to follow dietary guide for dialysis patients.

TD0065
AMINOSYN
Abbott Laboratories, 1977
6 p. : single copy free : (P)

Describes what the Aminosyn formula is and how it is used.

TD0066
HEINZ GROCERY PRODUCTS IN EXCHANGE LISTS FOR MEAL PLANNING
Heinz U.S.A., 1978
[2] p. : single copy free : (GP)

A meal planning guide to aid in the use of some Heinz products, using the revised 1976 exchange lists.

TD0067
EDUCATIONAL MATERIALS
Doyle Pharmaceutical Company, 1979
1V. (various paging) : single copy free : (P)

Covers areas such as surgical nutrition, water requirements, the importance of nutrition in the catabolic state, osmolality, evaluation of nutritional formulas, tube feeding, protein quality, and cost comparison of nutritional products.

TD0068
THE NEED FOR SPECIAL FOODS AND SUGAR SUBSTITUTES BY INDIVIDUALS WITH DIABETES MELLITUS
by J. M. Talbot
Federation of American Societies for Experimental Biology, [1979?]
51 p. : single copy free : (P)

Reviews the need for special dietary products for use by individuals with diabetes mellitus and the safety of certain nutritive sweetener substitutes.

TD0069
DIET 5 FOR DIETARY MANAGEMENT OF MIXED HYPERGLYCERIDEMIA (TYPE V HYPERLIPOPROTEINEMIA)
(NIH 78-115)
US DHEW (6), 1978
10 p. : free : (P)

Contains therapeutic instructions to assist patients who have to reduce body weight and restrict the amount and kind of fat, the amount of carbohydrate foods, and the amount of cholesterol in the diet. Available only to physicians and dietitians.

TD0070
DIET 4 FOR DIETARY MANAGEMENT OF ENDOGENOUS HYPERGLYCERIDEMIA (TYPE IV HYPERLIPOPROTEINEMIA)
(NIH 78-114)
US DHEW (6), 1978
11 p. ; free : (P)

Contains therpeutic dietary instructions to assist patients who have to reduce the concentrations of triglycerides in the blood. Available only to physicians and dietitians.

TD0071
DIET 3 FOR DIETARY MANAGEMENT OF HYPERCHOLESTEROLEMIA WITH ENDOGENOUS HYPERGLYCERIDEMIA (TYPE II OR TYPE III HYPERLIPOPROTEINEMIA)
(NIH 78-113)
US DHEW (6), 1978
11 p. : free : (P)

Contains therapeutic dietary instructions to assist patients who have to lower concentrations of cholesterol and triglycerides in the blood. Available only to physicians and dietitians.

TD0072
DIET 2 FOR DIETARY MANAGEMENT OF HYPERCHOLESTEROLEMIA (TYPE IIa HYPERLIPOPROTEINEMIA)
(NIH 78-112)
US DHEW (6), 1978
9 p. : free : (P)

Contains therapeutic dietary instructions to assist patients who need to lower blood cholesterol. Available only to dietitians and physicians.

TD0073
DIET 1 FOR DIETARY MANAGEMENT OF HYPERCHYLOMICRONEMIA (TYPE I HYPERLIPOPROTEINEMIA)
(NIH 78-111)
US DHEW (6), 1978
10 p. : free : (P)

Contains therapeutic dietaray instructions to assist patients who have to lower dietary fat in the blood. Available only to dietitians and physicians.

TD0074
THE DIETARY MANAGEMENT OF HYPERLIPOPROTEINEMIA: A HANDBOOK FOR PHYSICIANS AND DIETITIANS.
(NIH 78-110)
US DHEW (6), 1978
95 p. : free : (P)

A manual containing therapeutic dietary instructions to assist patients who have specific kinds of hyperlipidemia. Available only to dietitians and physicians.

TD0075
DIET AND NUTRITION - A RESOURCE FOR PARENTS OF CHILDREN WITH CANCER
(NIH 80-2038)
US DHEW (3), 1979
57 p. : free : (GP)

Intended to serve as a source of information on the many aspects of diet and nutrition as they relate to the pediatric cancer patient. Provides suggestions for dealing with the day-to-day nutritional problems that may arise.

TD0076
HEALTH THROUGH NUTRITION - A COMPREHENSIVE GUIDE FOR CANCER PATIENTS
by E. H. Rosenbaum, C. A. Stitt, H. Drasin and I. R. Roseenbaum
Alchemy Books : US DHEW (3)
[distributor], 1978
120 p. : single copy free : (GP)

Focuses specifically on the role of diet and nutrition in the health of the cancer patient. Presents practical suggestions to help solve commonly encountered problems.

TD0077
TO THE DIETITIAN: AYLMER LOW SODIUM VEGETABLES AND SOUPS
Canadian Canners Ltd., 1975
[2] p. : free : (P)

Gives nutritional data on Aylmer low-sodium vegetables and soups for sodium-restricted diets.

TD0078
TO THE DIETITIAN: AYLMER DIET DELUXE
Canadian Canners Ltd., 1978
[2] p. : free : (P)

Gives complete nutritional data on Aylmer Diet Deluxe foods for calorie-reduced diets.

TD0079
LOW-CHOLESTEROL RECIPES
St. Lawrence Starch Company Ltd., 1979
44 p. : single copy free : (GP)

Recipes designed using corn oil rather than solid fat.

TD0080
LOW-CALORIE LOW-CHOLESTEROL RECIPES
Worthington Foods, 1976
[6] p. : free : (GP)

Recipes for low-calorie, low-cholesterol cooking. Includes diabetic exchanges for each.

TD0081
MEATLESS MEAL PLANNING FOR DIABETIC AND WEIGHT CONTROL PROGRAMS
Worthington Foods, [1979?]
[6] p. : free : (GP)

Lists meat analogues and foods from the other food groups with the quantity that is equal to one serving. Includes calorie plans for 1000, 1200, 1500, and 1800 calorie diets.

TD0082
LACTAID LACTASE ENZYME
Sugarlo Company : Jan Distributing [distributor], 1979
[4] p. : free : (GP)

Discusses the lactose intolerance problem.

TD0083
COOKING WITH EGG BEATERS
Standard Brands Canada Ltd., [1978?]
47 p. : sample copy free : (GP)

A recipe book designed to aid in the substitution of whole eggs with cholesterol-free egg substitutes. Discusses cholesterol and offers guidelines to good eating habits.

TD0084
DIETARY CONTROL OF CHOLESTEROL
Standard Brands Canada Ltd., [1975?]
47 p. : sample copy free : (GP)

Includes low saturated fat meal plans for the entire family, model menus, calorie-controlled diets, and recipes.

TD0085
CHOLESTEROL, CALORIE AND SODIUM COMPUTER
Standard Brands Canada Ltd., [1978?]
[2] p. : sample copy free : (GP)

Lists the cholesterol, calories, and sodium in a given serving size of various foods.

TD0086
A GUIDE TO PROPER NUTRITION FOR THE PATIENT UNDERGOING CANCER THERAPY
Mead Johnson Canada, [1980?]
16 p. : single copy free : (GP)

A guide to planning a nutritionally balanced diet which suits the needs of the cancer patient who is undergoing therapy.

TD0087
EATING HINTS: RECIPES AND TIPS FOR BETTER NUTRITION DURING TREATMENT
(NIH 80-2079)
US DHEW (3),, 1980
86 p. : free : (GP)

A book describing ways to help cancer patients enjoy eating. Includes recipes.

TD0088
CALORIE RESTRICTED DIETS - 1800 CALORIES (E204)
National Dairy Council, [1979?]
25/pad : $2.50/pad : (P)

Designed for physicians' use with patients, each tear-off sheet recommends a daily meal pattern. Foods of similar caloric value are listed, and foods high in iron and vitamins A and C are identified.

TD0089
CALORIE-RESTRICTED DIETS - 1400 CALORIES (E203)
National Dairy Council,. [1979?]
25/pad : $2.50/pad : (P)

Designed for physicians' use with patients. Each tear-off sheet recommends a daily meal pattern. Foods of similar caloric value are listed, and foods high in iron and vitamins A and C are identified.

TD0090
CALORIE-RESTRICTED DIETS - 1200 CALORIES (E202)
National Dairy Council, [1979?]
25/pad : $2.50/pad : (P)

Designed for physicians' use with patients, each tear-off sheet recommends a daily meal pattern. Foods of similar caloric value are listed, and foods high in iron and vitamins A and C are identified.

TD0091
CALORIE-RESTRICTED DIETS - 100 CALORIES (E201)
National Dairy Council, [1979?]
25/pad : $2.50/pad : (P)

Designed for physicians use with patients. Each tear-off sheet recommends a daily meal pattern. Foods of similar caloric value are listed, and foods high in iron and vitamins A and C are identified.

TD0092
HYPERLIPOPROTEINEMIA DIET
Victoria General Hospital, [1977?]
28 p. : $1.50 : (GP)

Patient guide for use under the supervision of a dietitian. Includes menus and recipes.

TD0093
RENAL FAILURE DIET
Victoria General Hospital, [1979?]
113 p. : $1.50 : (GP)

Handbook for patients who require diets restricted in protein, sodium, potassium, and fluid. For use under a dietitian's supervision.

TD0094
SODIUM-RESTRICTED DIETS CAN BE DELICIOUS
Standard Brands Canada Ltd., [1975?]
38 p. : sample copy free : (GP)

A special diet guide and cookbook for sodium-restricted diets.

TD0095
FEEDING THE SICK CHILD
(NIH 79-795)
US DHEW (3), 1979
68 p. : free : (GP)

Deals with feeding children who are finicky eaters and the special problems of feeding children with cancer. Includes specially selected recipes and a list of child-oriented cookbooks.

WEIGHT CONTROL (WC)

WC0001
FACTS ABOUT OBESITY
(NIH 76-974)
US DHEW (9)
20 p. : single copy free : (GP)

Reviews the causes of overweight, adipose tissue, childhood and adolescent obesity, consequences of obesity, and treatment.

WC0002
LOSING TO WIN - A NUTRITIOUS WEIGHT CONTROL PROGRAM
(Publication 1113-13-1)
Alberta Agriculture, 1976
7 p. : single copy free : (GP)

Includes six lists of foods to choose from and the number of servings allowed from each list.

WC0003
WEIGHT CONTROL FOR TEENAGERS
Kellogg Salada Canada, Ltd., 1978
[4] p. : free : (S)

Questions and answers most often asked by teenagers regarding weight control. Includes caloric values of various foods eaten by teenagers.

WC0004
FEELIN' GOOD GUIDE TO WEIGHT LOSS
Saskatchewan Health, [1979?]
9 p. : single copy free : (GP)

Discusses the health hazards of overweight and how to combat it with both diet and exercise. Emphasizes and describes a good diet.

WC0005
THE LOVES OF KERNEL BEARD
Kansas Wheat Commission, 1972
[16] p. : $0.12 : (GP)

A diary revealing many pitfalls that the average American encounters in his daily excesses.

WC0006
WEIGHT CONTROL - IT'S UP TO YOU
Saskatchewan Pork Council, [1979?]
[8] p. : free : (GP)

Outlines/reasons for eating and why the problem of overweight exists. Suggests ways of incorporating dairy products and pork into a weight reduction diet. Includes recipes.

WC0007
THINK THIN!
Nova Scotia Department of Health
[4] p. : single copy free : (GP)

Suggests ways of cutting down calories in the various foods we eat.

WC0008
FACTS ABOUT OBESITY
US DHEW (9), 1979
5 p. : single copy free : (GP)

Discusses the very real problem of obesity, its hazard to health, causes, who is affected, and treatment.

WC0009
A MATTER OF WEIGHT - RESHAPE YOUR LIFESTYLE
The Nutrition Link, 1978
31 p. : $2.50 : (GP)

Emphasizes the fact that reshaping the body requires a wholistic approach wherin the whole way of life must be altered.

WC0010
OVERWEIGHT ADULTS IN THE UNITED STATES (NIH 79-1250)
US DHEW (22), 1979
11 p. : single copy free : (P)

Presents estimates of the number of overweight adults in the U.S. population. Developed from height and weight measurements obtained as part of the Health and Nutrition Examination Survey. Also presents a profile of selected body measurements.

WC0011
PHYSICAL ACTIVITY AND WEIGHT CONTROL
Health and Welfare Canada (6), 1979
[10] p. : free : (GP)

Stresses the fact that diet alone is not enough for weight control. Accents on physical activity for producing desired body changes, while also promoting fitness, health, and enjoyment of life.

WC0012
WHY WEIGHT?
Alberta Social Services and Community Health, [1979?]
[8] p. : single copy free : (GP)

Stresses changing all aspects of one's lifestyle which have caused the overweight. Reviews Canada's Food Guide.

WC0013
HOW TO EAT WELL AND GROW SLIM
Bakery Council of Canada, 1977?]
[10] p. : free : (GP)

A weight reduction diet based on food exchanges. Sample menus and cooking ideas are also included.

WC0014
WORKING TOWARDS WEIGHT LOSS
Manitoba Department of Health and Community Services, 1979
56 p. : single copy free : (GP)

Designed to lead the dieter to an understanding of overweight and how it develops. Suggests ways in which to counteract the problems of obesity and modify eating behavior to become thinner, healthier, and more attractive.

WC0015
A GUIDE FOR WEIGHT REDUCTION
American Heart Association : Ontario Heart Foundation [distributor], 1975
14 p. : free : (GP)

Includes outlines of nutritious eating patterns at three calorie levels, a sample 1200 calorie diet and a guide for selecting and preparing food.

WC0016
LOW-CALORIE PROTEIN DIETS
(FDA 78-2105)
by N. Glich
US DHEW (2), 1978
[4] p. : free : (GP)

A report on research findings which assess the merit and hazards of low-calorie protein diets.

WC0017
A CRITIQUE OF LOW CARBOHYDRATE KETOGENIC WEIGHT REDUCTION REGIMES
American Medical Association (2), 1973
[5] p. : single copy free : (P)

Discusses the history of the low-carbohydrate diet approach to weight reduction, its physiological effects, and potential hazards.

WC0018
OBESITY
The Nutrition Foundation, [197-?]
15 p. : single copy free : (GP)

Discusses obesity and its causes, what physiological complications may arise, how to reduce, and what is a proper reducing diet. Includes a sensible plan with a sample menu and useful tips.

WC0019
FOUR STEPS TO WEIGHT CONTROL
Metropolitan Life Insurance Company, 1969
32 p. : free : (GP)

Explains why weight control is important.

WC0020
DIETARY FITNESS-A MEAT LOVER'S GUIDE
Oscar Mayer and Company, [1978?]
[6] p. : single copy free : (GP)

Outlines the direct relationship between overconsumption and obesity. Includes a fitness guide which emphasizes the use of various types of meat.

WC0021
NUTRITION, WEIGHT CONTROL AND YOU!
Weight Watchers International, Inc., 1977
12 p. : free : (GP)

Answers are supplied for a series of questions concerning the nutritional aspects of the Weight Watchers Program.

WC0022
WEIGHT CONTROL AND NUTRITION NEEDS: AN IMPORTANT MESSAGE FOR YOU AND YOUR FAMILY
Weight Watchers International, Inc., 1978
15 p. : free : (GP)

Prepared to provide the public with new and valuable information about diet and nutrition needs.

WC0023
OVERWEIGHT AND YOUR HEALTH...THE VITAL CONNECTION!
Weight Watchers International, Inc., 1978
14 p. : free : (GP)

Points out various diseases associated with overweight, including the health hazards connected with certain weight-loss schemes.

WC0024
SNACKING ON A WEGHT-CONTROL PROGRAM
Weight Watchers International, Inc., 1978
14 p. : free : (GP)

Shows how to snack without risking loss of control and how to snack without building a constant urge to eat.

WC0025
INFORMED SHOPPERS' BULLETIN-COUNTING CALORIES?
Purity Supreme, Inc., [1978?]
[6] p. : free : (GP)

Reviews reasons for overweight and lists alternate food choices which can lower calories consumed. Recipes included.

WC0026
THE GREAT WHITE WAY - A MILK DIET PLAN FOR THE 1980's
Ontario Milk Marketing Board, [1980?]
36 p. : free : (GP)

Offers a variety of nutritionally complete seven day weight loss programs based on food exchanges.

WC0027
WEIGHT CONTROL - A GUIDE FOR TEENAGERS
University of Toronto : Albert Jarvis Ltd. [distributor], 1980
56 p. : $2.50 : (S)

Discusses the link between prosperity and obesity, why one should care about being obese, what can be done about it, gimmicks to avoid, and the sure way to lose weight permanently.

WC0028
EYE IT BEFORE YOU DIET...(A NUTRITIONAL ANALYSIS OF NINE POPULAR DIETS)
by E. E. Spannhake
The Sugar Association, Inc., 1977
31 p. : single copy free : (GP)

Describes and evaluates nine popular diets, seven of which have been constructed to help people lose weight. The other two have been planned as meat alternative eating regimens, i.e. vegetarian diets.

WC0029
OBESITY IN PERSPECTIVE PART 1
(NIH 75-708)
edited by G. A. Bray
US DHEW (11), 1973

This monograph reaffirms the complex nature of obesity and emphasizes the need for heightened research.

WC0030
OBESITY IN PERSPECTIVE - PART 2
edited by G. A. Bray
US DHEW (11), 1973
527 p. : single free copy : (P)

This monograph reaffirms the complex nature of obesity and emphasizes the need for heightened research on the psychological and biochemical determinants of this health problem.

WC0031
OBESITY IN AMERICA
(NIH 79-359)
edited by G. A. Bray
US DHEW (11), 1979
285 p. :single copy free : (P)

Proceedings of an obesity conference sponsored by the Forgarty International Center. Ten current scientific papers are presented and a list of conference participants is provided.

WC0032
WEIGHT CONTROL SOURCE BOOK
(EC70)
National Dairy Council, 1977
20 p. : $0.75 : (P)

Designed to aid in planning weight control programs, this booklet reviews published information on weight problems.

WC0033
PERSONALIZED WEIGHT CONTROL
(EC45)
National Dairy Council
16 p. : $0.30 : (GP)

Practical suggestions for losing or maintaining weight are provided.

WC0034
SO YOU WANT TO LOSE WEIGHT!
Victoria General Hospital, [1975?]
69 p. : $1.50: (GP)

A patient guide to weight reduction for use under a dietitian's supervision. Includes recipes.

WC0035
FIGHT FIAB...AND FEEL FIT
Saskatchewan Health , 1980
[8] p. : single copy free : (GP)

Outlines the reasons for a weight problem in the teen years and suggests ways of combating the condition. Includes charts of desirable weight. Shows in poster size illustrations, the various parts of the body affected by adipose tissue.

WC0037
THE HEALTHY APPROACH TO SLIMMING
(CE-0C3)
American Medical Association (3), 1979
22 p. : $1.00 : (GP)

Defines obesity and outlines the healthy, nutritious approach to weight loss. Briefly discusses the unhealthy approaches.

WC0038
FOOD DIARY
The Wm. S. Merrell Company, [1980]
[18] p. : single copy free : (GP)

An aid to the dieter who must plan an effective diet by listing every detail about eating - what has been eaten, how much, where, and when.

WC0039
SEARE UP
Purity Supreme, Inc., [1979?]
[6] p. single copy free : (GP)

Lists do's and dont's of dieting, tips on dieting, calories burned for various activities, and ways of cutting calories. Reviews some important nutrients and their functions.

WCCC4C
ANOBECTIC PATHWAYS AND THEIR CLINICAL IMPLICATIONS
The Wm. S. Merrell Company, 1979
[5] p. : single copy free : (P)

Focuses on the central nervous system mechanisms involved in the regulation of food intake and the influence of anorectic drugs in the treatment of obesity.

WCCC41
RESEARCH NEEDS IN MANAGEMENT OF OBESITY BY SEVERE CALORIC RESTRICTION
Federation of American Societies for Experimental Biology, 1979
128 p. : single copy free : (P)

Discusses the results of completing massive, rapid weight reduction by following prolonged low-calorie diets.

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3. National Academy of Sciences
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   Office of Nutrition
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   National Agricultural Library
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